

NAMI Kenosha County Family-to-Family



A FREE education program specifically for adult (18+) family members and friends of loved ones who live with mental illness. Taught by NAMI-trained family members who get it – who have been there. All course materials are free. Includes presentations, interactive exercises, group discussions, resources and access to a community of people who relate to YOU!

Addiction, Anxiety Disorder, Bipolar Disorder, Borderline Personality Disorder, Depression, Dual Diagnosis, Obsessive-Compulsive Disorder, Posttraumatic Stress Disorder, Schizophrenia.

Location and Time

SEATS ARE LIMITED!

When: February 25 – April 27, 2020

Weekly on Tuesday nights, 6:30-9:00 PM.

<https://www.namikenosha.org/family-to-family.html>

Where: Kenosha County Center (Highway 50 and Highway 45)

Enroll:

<https://www.namikenosha.org/family-to-family.html>

Class Curriculum – 10 sessions

- Learn about feelings and facts.
- Schizophrenia, bipolar disorder, major depression, and mania.
- Mood disorders, borderline personality disorder, posttraumatic stress disorder, addiction/alcoholism
- Brain basics and the biology of recovery.
- Problem solving workshop.
- Medication review.
- Empathy workshop - what it's like to have a brain disorder.
- Communication skills workshop.
- Self-care and relative experiences.
- Rehabilitation and recovery.
- Advocacy: fighting stigma.
- Review and certification ceremony.

**YOU ARE
NOT
ALONE**

www.nami.org

Talk to someone who understands...someone just like you. For more information and to enroll, please visit our website

www.namikenosha.org or call 262-652-3606.

