

I have so many questions..

How can I get a clear diagnosis for my relative?



What do I do if there is a crisis?

How can my relative and I communicate better?

What local services in my community am I missing out on?



How do I take care of myself in all of this?

What are all these medications for?

What are the best treatments now available for my relative?

There has got to be somewhere to turn...

Some comments from Previous Attendees:

"Finally, concrete information about the biological brain disorders.

It changed my life."

"I have attended many family education courses and this, by far, is the most pertinent, informative and family oriented one of them all."

"As an engineer, I admit I was skeptical, but it really helped me deal with these problems better...the most logical choice I ever made."

"It helped me save my son's life!"



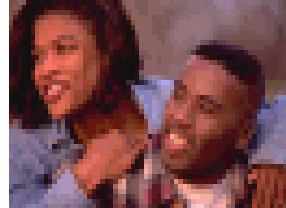
The keys to understanding

NAMI San Diego
4480 30th Street
San Diego, CA. 92116
To register or for information,
Call NAMI San Diego Helpline
619-543-1434
or 1-800-523-5933
www.namisandiego.org
information@namisd.org



San Diego's Voice On Mental Illness

The NAMI Family-to-Family Education Program



Free Education and Support For Families Who Have Relatives with Brain Disorders (Mental Illness)

Now there is...



Learn how families unite together against this disability.

The **NAMI Family-to-Family Education Program** is a 12-week course for families of individuals with severe brain disorders (mental illnesses). The course is taught by trained family members. All course materials are furnished at no cost to you.

The curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD). The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.

The NAMI Family-to-Family Education Program



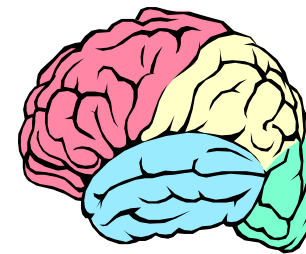
Attend with other family members just like you in a confidential setting.

Learn about what your relative is actually experiencing.

The Family-to-Family

1. Learning about feelings, learning about facts
2. Schizophrenia, major depression and mania: diagnosis and dealing with critical periods
3. Subtypes of depression and bipolar disorder, panic disorder and OCD; diagnosis and causes; sharing our stories
4. The biology of the brain/new research

Take a fascinating look inside some of today's current research on brain disorders.



Learn all about the biology of the brain disorders—known as mental illnesses.

Course Topics Include:

5. Problem solving workshop
6. Medication review
7. Empathy workshop—what it's like to have a brain disorder
8. Communication skills workshop
9. Self-care and relative groups
10. Rehabilitation services available
11. Advocacy: fighting stigma
12. Review and certification ceremony