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FOR IMMEDIATE RELEASE:

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Learning about mental illness is a step towards recovery—sign up for free classes in Spanish today!

SAN DIEGO— There are more than 240,000 people in San Diego who experience mental illness. You or your loved one may be one of them and learning about mental illness is one of the most helpful things you can do to aid in the recovery process.

The National Alliance on Mental Illness (NAMI San Diego) is here to help. They offer classes at no charge for both loved ones of those who have mental illness and those who experience it themselves.

Familia a Familia is a Spanish program comprised of a series of 12 classes for the families of persons with serious and persistent brain disorders (mental illnesses). These classes are small and represent a new concept and curriculum. In this model, the course co-teachers are family members themselves and the course has been designed and written by an experienced family member-mental health professional. The course balances education and skill-training with self care, emotional support and empowerment.

Important components of the course are:

- Learning about feelings, learning about facts
- Schizophrenia, Anxiety Disorder, Obsessive-Compulsive Disorder, Borderline Personality Disorder, Bipolar Disorder and Depression
- Basic brain biology/new research
- Problem solving workshop
- Medication review
- Empathy workshop - what it's like to have a brain disorder
- Communication skills workshop
- Self-care
- Rehabilitation services-what's available
- Advocacy: fighting stigma

The next Familia a Familia class will be held in Escondido at the EMASS Resource Program Center, 200 North Ash Street, Suite 100, 92027. It will run from May 5 to June 30 from 5:30 to 7:30 pm. Registrations will be taken by Gina Osuna, who will teach the class with Rita Navarro. Call Gina at (619) 288-3133 to sign up for the course.

NAMI is a non-profit organization that provides education, support services and advocacy to improve the lives of everyone affected by mental illnesses, which, in reality, is all of us in one way or another.

For more information, visit us online at www.namisandiego.org or call 1-800-523-5933.

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