

Family-to-Family Education Program

Free Education and Support for Families Who Have Relatives with Brain Disorders (Mental Illnesses)

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. **The Course and all materials are furnished at no cost.** The NAMI Family-to-Family Course Topics Include:

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.
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.

Classes Held:

1. First Baptist Church of Ellisville starting Thursday, January 19, 2012 at 6:30 to 9:00 p.m.
2. Wentzville area starting mid-February, 2012 in the evening, location to be determined.
3. Grace Church in Maryland Heights starting Monday, February 20, 2012 at 9:00 – 11:30 a.m.
4. Kirkwood United Methodist Church starting Tuesday, February 21, 2012 at 6:30 – 9:00 p.m.
5. St. Joan or Arc Church in St. Louis, starting Saturday, March 3, 2012 at 10:00 a.m. – 12:30 p.m.
6. South County near Tesson Ferry Rd. starting in March 2012, Thursday evenings, location to be determined.

To register for Family-to-Family call Joyce at 314-962-4670 ext. 305 or jjohnston@namistl.org

**BASICS EDUCATION PROGRAM:
THE FUNDAMENTALS OF CARING FOR YOU, YOUR FAMILY AND YOUR
CHILD WITH MENTAL ILLNESS**

What is NAMI Basics?

NAMI Basics is a free six week education course for parents and other family caregivers of children and adolescents living with mental illness. This course is taught by trained teachers who are also parents/caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years.

What are the goals of the NAMI Basics program?

To give the parent/caregiver the fundamental information necessary to be an effective caregiver.

To help the parent/caregiver cope with the traumatic impact that mental illness has on the child living with the illness and the entire family.

To provide tools for the parent/caregiver to use even after completing the program that will assist in making the best decisions possible for the care of the child.

To help.

What People are saying about NAMI Basics?

"The course is inclusive of almost all aspects of family and child and resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward."

"This is such a great step program that walks parents every step of the way. It is as if you are holding their hand through it all."

St. Louis County Residents:

Classes Start: Wednesday, March 7, 2012

Classes End: Wednesday, April 11, 2012

9:00 – 11:30 a.m.

Grace Church

2695 Creve Coeur Mill Rd.

St. Louis, MO 63043

Room B211

Grace Church is located next to Pattonville High School,

At the corner of McKelvey and Creve Coeur Mill

Teachers: Mary Vetter and Wendy Dudek

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