

SPRING 2012

FREE EDUCATION AND SUPPORT FOR FAMILIES WHO HAVE RELATIVES WITH SERIOUS MENTAL ILLNESS

NAMI FAMILY-TO-FAMILY EDUCATION PROGRAM

The NAMI Family-to-Family Education Program consists of a series of 12 classes for family members and significant others of persons with serious mental illnesses (bipolar disorder, borderline personality disorder, co-occurring brain disorders and addictive disorders, major depression, obsessive compulsive disorder (OCD), panic disorder, schizoaffective disorder, and schizophrenia). The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively. These classes represent a new concept and curriculum. In this model, the course teachers are family members and the course has been designed and written by experienced family members/mental health professionals.

The course consists of learning coping skills (handling crisis and relapse), listening and communication techniques, problem solving and limit-setting (rehabilitation), self-care (learning how to recognize normal emotional reactions to chronic worry and stress), basic information about medications, information regarding biology of the brain, information about connecting with appropriate community services and community supports, and advocacy (getting better services, fighting stigma).

The NAMI Family-to-Family Education Program is appropriate for parents, siblings, spouses, adult children, and significant others of persons with severe and persistent psychiatric disabilities. Individuals who are themselves suffering from one of the major mental illnesses may attend the course if their present condition is stable AND they are managing the primary caregiving of their ill family member. Over 100,000 family members in the United States (nearly 1,000 in Riverside County) have completed this course.

MID-COUNTY REGION

Hemet

The Village Retirement Center
2200 West Acacia Avenue, 2nd Floor
Hemet, CA 92544
Course begins Tuesday, February 21st
6:00 p.m. to 8:30 p.m.
Contact: NAMI Mt. San Jacinto, (951) 765-1850

Murrieta

Rancho Springs Hospital Administration Bldg.
25500 Medical Center Drive
Murrieta, CA 92562
Course begins Saturday, January 28th
9:00 a.m. to 11:30 a.m.
Contact: Juanita Adams, (951) 672-0290

WESTERN REGION

Riverside Spanish Speaking

Mental Health Administration
4095 County Circle Drive
Riverside, CA 92503
Course begins Wednesday, March 14th
6:30 p.m. to 9:00 p.m.
Contact: Maria Algarin, (951) 358-7655

Riverside

Mental Health Administration
4095 County Circle Drive
Riverside, CA 92503
Course begins Thursday, February 9th
6:30 p.m. to 9:00 p.m.
Contact: Amanda Wilbur, (951) 369-2721

DESERT REGION

Cathedral City Spanish Speaking

Cathedral Canyon Wellness & Recovery for Mature Adults
68-625 Perez Road, Suite 11
Cathedral City, CA 92234
Course begins Thursday, March 15th
3:00 p.m. to 5:30 pm
Contact: Elizabeth Aguilar, (760) 863-8516

Coachella Valley

Location, Date, & Time to be announced
Contact: NAMI Coachella (888) 881-6264

