



FAMILY-TO-FAMILY EDUCATION PROGRAMS FALL 2017

Free course for family members, partners and friends of individuals with mental illnesses/brain disorders



Major Depression
Bipolar Disorder (Manic Depression)
Schizophrenia and Schizoaffective Disorder
Post traumatic Stress Disorder
Borderline Personality Disorder
Panic Disorder and Obsessive Compulsive Disorder
Co-occurring Brain Disorders, Addictive Disorders
Other mental illnesses

A series of **12 classes** (1 session weekly) structured to help caregivers understand and support individuals with mental illness while maintaining their own well-being. Includes information about mental illnesses, medications, coping, resources, problem solving, empathy, and family communication. These courses are sponsored by NAMI Omaha with assistance for materials from Region 6 Behavioral Health Services.



Fall courses start:

September 13, Wednesday evenings, 6:00-8:30 pm
Cornerstone Church, 9505 Harrison St. (Enter off 96th St.), La Vista, NE
Call 402-250-4188 for Tim or 402-943-7973 for Kim,
or email tk.wilkinson@q.com

OR

September 12, Tuesday Evenings, 6:30-9:00 pm,
Christ Community Church, 404 South 108th, Omaha, NE
Call Linda Jensen at 402-517-5772 or NAMI Nebraska at 402-345-8101,
or e-mail ljensen@unmc.edu

EACH COURSE IS LIMITED TO 25 PEOPLE. PLEASE ENROLL BY SEPTEMBER 5.



<http://www.namiomaha.org>

