



FAMILY-TO-FAMILY EDUCATION PROGRAM SPRING 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.

Mondays beginning April 24 from 6:30-9pm
King of Kings Lutheran Church, 116151 I Street, Omaha

Each course is limited to 25 people. Please register by April 10.

These courses are sponsored by NAMI Omaha with assistance for materials from Region 6 Behavioral Health Services.

Contact:

Linda Jensen (ljensen@unmc.edu or 402-517-5772) or NAMI Nebraska 402-345-8101

Check out other NAMI support groups and educational activities at www.namiomaha.org

