

**SPRING CLASS BEGINS Thursday, MARCH 22, 2018**

**NAMI\* FAMILY-TO-FAMILY  
EDUCATION PROGRAM**

**Free for family members, partners and significant others of  
individuals living with**

**Bipolar Disorder/Manic Depression  
Major Depression  
Borderline Personality Disorder  
Schizophrenia and Schizoaffective Disorder  
Panic Disorder & Obsessive Compulsive Disorder  
Co-occurring Brain Disorders & Addictive Disorders  
Post Traumatic Stress Disorder (PTSD)**

A series of 12 weekly classes structured to help family members/caregivers understand and support their ill relative while maintaining their own well being. The course is taught by a team of trained volunteer family members who know what it's like to have a loved one with a serious mental illness in the family. **There is no cost to participate in the NAMI Family-to-Family Education Program.** During the past 25 years, over 300,000 family members in the U.S., Canada and Mexico have completed this course. We think you will be pleased by how much assistance the program offers. **This class is NOW listed on SAMHSA'S National Registry of EVIDENCE-BASED PROGRAMS AND PRACTICES.** SAMHSA-Substance Abuse and Mental Health Services Administration, is a branch of US Dept of Health & Human Services.

**We invite you to call for more information and to register.**

**Class begins: Thursday, March 22, 2018**

Class meets every Thursday. Last class: June 7

Lorraine Avenue Mennonite Church  
655 S. Lorraine Avenue, Wichita  
7:00 – 9:30 p.m.

Co-Teacher: Belinda Hunt 316-641-8417  
Treva Lichti 316-617-1909

For family members, partners and  
significant others only

**Registration required.**

Classes limited to 20 persons.

This Family-to-Family Education Program is sponsored by NAMI Wichita NAMI Kansas and the \*National Alliance On Mental Illness.

[www.namiwichita.org](http://www.namiwichita.org)