

SPRING CLASS BEGINS Thursday, MARCH 4, 2021

NAMI* FAMILY-TO-FAMILY

EDUCATION PROGRAM

VIA ZOOM

**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 8 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. Please register by February 19, so there is time to deliver your notebook and class materials.

Class begins: Thursday, March 4, 2021

Class meets every Thursday. Last class: April 22

Class will meet via ZOOM.

7:00 – 9:30 p.m.

Co-Teacher: Janet Brumbaugh 316-734-2082
Treva Lichti 316-617-1909
Tim Shook 316-259-7945

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