



Family to Family Education Program

Free Education and Support for Families Who Have Relatives with Brain Disorders (Mental Illness)

The Keys to Understanding

The NAMI Family-to-Family Education Program is a 12 week course for families of individuals with severe brain disorders. Weekly classes are structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well being. The course is taught by a team of trained NAMI family member volunteers who know what it's like to have a loved one struggling with a brain disorder. Over 80,000 people in the U.S., Canada and Mexico have completed this course. There is no cost to participate in the NAMI Family-to-Family Education Course. We think you will be pleased by how much assistance the program offers. We invite you to call for more information.

1. Learning about feelings, learning about facts
2. Schizophrenia, major depressions and mania; diagnosis and dealing with critical periods.
3. Subtypes of depression and bipolar disorder, panic disorder and OCD; diagnosis and causes; sharing our stories.
4. The biology of the brain and new research.
5. Problem solving workshop
6. Medication Review
7. Empathy workshop – What is it like to have a brain disorder?
8. Communication skills workshop
9. Self-care and relative groups
10. Rehabilitation services available
11. Advocacy – Fighting stigma
12. Review and certification ceremony.

NAMI Kitsap County (www.namikitsap.org) usually presents the Family to Family Education Program course at least once a year. Check our website for the latest information.

NAMI Family-to-Family Education Program References

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