



FAMILY TO FAMILY EDUCATION PROGRAM

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

**MAJOR DEPRESSION, BIPOLAR DISORDER (Manic Depression),
SCHIZOPHRENIA AND SCHIZOAFFECTIVE DISORDER,
BORDERLINE PERSONALITY DISORDER,
POST TRAMATIC STRESS DISORDER (PTSD), PANIC DISORDER
& CO-OCCURRING BRAIN AND ADDICTIVE DISORDERS**

Family to Family is a series of 12 classes which meets once a week for 2 ½ hours, structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well-being. The course is taught by two trained NAMI family member volunteers who have a loved one struggling with one of these brain disorders. For more information on this and other NAMI programs, please visit nami-charlotte.org

There is no cost to participate in the NAMI Family-to-Family Education Program.

Email Michele Brown (michelebrown1941@gmail.com) for more information.

Please remember that this class fills up quickly.

Class for family members, caregivers and other support persons only.

- WHERE:** CMC MERCY –Sunflower Room
2001 Vail Ave, Charlotte, NC 28207
Participants will be able to park for free in the Employee/Patient/Visitor parking deck that is located on Vail Avenue. The entrance is just passed the front entrance of the hospital on the left.
- DATES:** Wednesday, January 10th – Wednesday March 28th, 2018
- TIME:** 6:15 pm – 9:00 pm
- FACILITATORS:** Pam Tate
- CONTACT:** Michele Brown (michelebrown1941@gmail.com)
- MATERIALS:** Participants will need to bring a 2” three-hole binder.