



**FAMILY-TO-FAMILY EDUCATION PROGRAM
FREE FOR FAMILY MEMBERS AND FRIENDS OF
INDIVIDUALS
WITH**

**Major Depression
Bipolar Disorder (Manic Depression)
Schizophrenia and Schizoaffective Disorder
Borderline Personality Disorder
Panic Disorder and Obsessive Compulsive Disorder
Co-occurring Brain Disorders and Addictive Disorders**

Family to Family is a series of 8 weekly classes 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 volunteers who know what it is like to have a loved one struggling with one of these brain disorders. There is no cost to participate in the Family to Family Education Program. We think you will be pleased by how much assistance the program offers. We invite you to call for more information.

Classes start : Tuesday, September 14, 2021

6:30-9:00PM

Holly Hill Baptist Church

2818 Edgewood Avenue, Burlington, N.C.

Contact: Becky Springer (336-437-0206)

Call to register as registration is required. Classes are limited to 25.

This NAMI Family to Family Education Program is sponsored by
NAMI Alamance, Caswell, Rockingham
Art Springer, President (336-437-0206)