



FOR CAREGIVERS

**A FREE 8-SESSION
COURSE FOR
CAREGIVERS OF ADULTS
WITH MENTAL ILLNESS**

Described by past participants as life changing, the NAMI Family-to-Family is an 8-session education program for family, friends and significant others of adults with mental health concerns. There is no fee to attend and all course materials are provided at no cost to you.

The course is designed to help all family members understand and support their loved one with a mental health concerns while maintaining their own well-being. The course topics are described on the right.

The NAMI Family-to-Family course is taught by trained family members who have a loved one with a mental health concerns. NAMI Family-to-Family is an evidence-based program. For information on the research base for the program, visit nami.org/research.

Dates: Saturday, January 20, 2024 - Saturday, March 16, 2024

Time: 10:30 a.m. - 1:00 p.m.

Location: CMHA BHN (Brant site) 44 King Street, Upstairs Boardroom, Suite 205, Brantford

Please note, these sessions will be offered in a hybrid format, both in person and virtual via Zoom.

For more information, or to register:

Contact : Lisa Mackay

By email: lisam@cmhabhn.ca

By telephone: 519-752-2998, ext. 103

Register now. Limited space available

Registration deadline: January 5, 2024

Read more about the program here:

NAMI Family-to-Family Education Course (f2fontario.ca)

Course topics include:

- Understanding mental health concerns and preparing for crisis.
- Getting a diagnosis
- An overview of depressive disorders, schizophrenia and schizoaffective disorders, bipolar disorder, anxiety and other mental health concerns
- Treatment options for mental health concerns.
- The biology of the brain, medications and side effects.
- Listening and communication techniques.
- Problem solving and limit setting.
- Understanding what it's like to have a mental health concern.
- Recovery and rehabilitation as they relate to mental health concerns.
- Moving forward and self-care.

