

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

**Major Depression and Bipolar Disorder
Schizophrenia and Schizoaffective Disorder
Borderline Personality Disorder
Panic Disorder, Obsessive Compulsive Disorder, and
Post-traumatic Stress Disorder**

A series of 12 weekly classes structured to help caregivers understand and support individuals with serious mental disorders 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 living with one of these brain illnesses. Over 300,000 people in the U.S., Canada, and Mexico have graduated from this outstanding program.

Take this opportunity to bring this unique evidence-based course into your life and the life of your family. This is what graduates are saying:

"Before I took the course, I felt so alone and overwhelmed. I have learned very valuable information, met others who are going through the same thing I am going through and have learned about many resources that are available that I never knew existed".

"Had I taken this class 20 years ago, it may have changed the course of my life and family."

My life before the class was non-existent. It's the best thing I could have done. I learned to not let my daughter's actions upset me, and to not be angry with her, because it's not her fault."

"The class has given me more information than nine counselors and one shrink. It is a wonderful, amazing class full of information that has helped me to be able to look at my son differently. He says the course has really helped him too because of the way I have changed how I relate to him".

For more information on this free program, go to www.nami.org