



Does Someone you Love Have Mental Health Issues?

Free Classes for Family & Loved Ones

Thursday evenings ~ Emanuel Hospital ~ starts September 6
Saturday afternoons ~ St Stephens Episcopal ~ starts September 8

The nationally recognized NAMI Family-to-Family Class

- A free, 12-week course for parents, spouses, children, siblings and friends of adults with mental health issues
- **People who take this course say it's "life-changing"**
- Taught by specially trained volunteers who are family members themselves
- Nationally recognized curriculum designed by mental-health professional

To register Call **503.200.2900**

Topics include, but not limited to:

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| * Communicating Effectively | * Dealing with Crisis and Relapse |
| * Medications & Side Effects | * Basics of Brain Biology |
| * Problem-Solving Workshop | * Depression, Bi-Polar, PTSD, |
| * Addictions and Mental Health Issues | * Schizophrenia |
| * Taking Care of Ourselves | * Empathy for those who are ill |

Registration is required: Call 503.200.2900 8/18