



## **Does Someone you Love Have Mental Health Issues?**

### **Free Classes for Family & Loved Ones**

*Thursday evenings ~ Legacy Emanuel ~ starts January 3, 2019*

*Saturday mornings ~ Providence Portland ~ starts Jan 5, 2019*

#### *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:

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

**Registration is required: Call 503.200.2900** 11/18