



Does Someone you Love Have Mental Health Issues?

Free Classes for Family & Loved Ones

Tuesday evenings ~ Portland VA Med Center ~ starts Sept 10, 2019

Thursday evenings ~ Legacy Emanuel ~ starts Sept 5, 2019

Saturday mornings ~ Providence Portland ~ starts Sept 7, 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 often 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

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