



National Alliance on Mental Illness

Family-to-Family Free Education Program

**For family members of close relatives and those who have loved ones with
Major Depression, Bipolar Disorder (Manic Depression),
Schizophrenia, Schizoaffective Disorder, Panic Disorder,
Obsessive Compulsive Disorder, or Borderline Personality Disorder**

This free series of 12 weekly classes is taught by trained NAMI members who have experienced having a loved one with mental illness. In a confidential setting, family members and friends of people with mental illness will learn about:

- How mental illness affects your loved one
- Eye-opening current brain research related to mental illness
- Being an advocate for better treatments for your loved one
- Medication issues and the latest treatment options
- Strategies for dealing with stress and worry to help you take care of yourself while supporting your loved one

Chapel Hill Class Thursday, Feb. 2-Apr. 19, 2012, 6:30-9:00 pm
Dogwood Room at the Seymour Center, 25513 Homestead Rd, Chapel Hill
Contact: Gove Elder 919-967-5403 gelder5@nc.rr.com

Durham Class Tuesday, Jan.31, 2012, 6:30-9:00 pm
Westminister Presbyterian Church, 639 Old Chapel Hill Road, Durham
Contact: Violette Blumenthal 919-490-5236 f2fdurham@yahoo.com

Burlington Class Thursday, Feb. 2nd, 2012, 6:30-9:00 pm
Holly Hill Baptist Church, 2818 Edgewood Ave, Burlington
Contact: Kathy Chrisco 336-214-3748 jazmine2c@aol.com

Registration required. Each class limited to 25 persons.
Program sponsored by NAMI-NC and NAMI Orange, Durham, and Alamance County affiliates