

**Talk to someone who understands...  
someone just like you**



presents:

## **Family-To-Family Education Program**

**FREE Education and Support for Families  
Who Have Relatives Living with Mental Illness**

***Wednesdays, September 13-November 22, 2017***

***6:00 – 8:30 p.m. at Calumet Medical Center***

***614 Memorial Dr., Chilton, WI***

This FREE, 12-week course is taught by trained family members who have lived the experience. Many family members describe this program as "life changing."

### **Topics include:**

- Family responses to the trauma of mental illness.
- Information on the major mental illnesses, including depression, bipolar disorder, anxiety disorders and thought disorders.
- The biology of the brain and emerging scientific discoveries.
- Medication review, treatment strategies and prospects for recovery.
- Improving communication, problem-solving and coping skills.
- How to manage problems, crises and relapse.
- Exploring community resources and services.

***Classes fill up quickly, so register today!***

***Sign up at [www.namifoxvalley.org](http://www.namifoxvalley.org), call (920) 954-1550 or email [lisa@namifoxvalley.org](mailto:lisa@namifoxvalley.org)***

***to reserve your spot today!***