

Free Education Program

*For family members, caregivers, and friends
of adults living with*

**Major Depression - Bipolar Disorder (manic depression) -
Schizophrenia - Panic Disorder - Obsessive Compulsive Disorder -
Co-occurring Brain Disorder and Addictive Disorders**

- *What do I do in a crisis?*
- *How can my relative and I communicate better?*
- *What are all these medications for?*
- *What local services am I missing out on?*
- *How do I take care of myself in all of this?*

Where can I find some answers?

This program is a series of 12 weekly classes structured to help family members, caregivers, and friends understand and support their ill relative while maintaining their own well being. The course is taught by trained volunteer family members who know what it is like to have a loved one with a mental illness.

- **Information and Resources**
- **Emotional Support**
- **Coping Skills & Self Care**
- **An Informal Setting**

There is NO FEE for this program

Pre-registration is required (class size is limited)

Classes Start: March 16, 2019 (Saturday)

9:30 AM – 12 noon

**Location: System Support Building (on the Winchester Medical Center
Campus), Conference Room 1
220 Campus Blvd
Winchester, VA 22601**

Call or text NAMI Northern Shenandoah Valley Affiliate:

540-533-1832 (leave a voice message and we will call you back)

or email naminsv@live.com

