

Family to Family Education Program

Free for family members, partners and significant others
of individuals with:

Major Depression Bi Polar Disorder Schizophrenia Schizoaffective Disorder
Personality Disorders Panic Disorders Anxiety Disorders

A series of 12 weekly classes structured to help caregivers understand and support individuals with serious mental illness while maintaining their own wellbeing. This course is taught by a team of trained NAMI family member volunteers who know what it is like to have a loved one struggling with one of these brain disorders.

There is no cost to participate in the Family to Family Education Program

We invite you to call for more information:

Classes Starting May 16, 2019

First United Methodist Church

170 Main St, Unadilla, NY 13849

6:00—8:30 pm

Co-Teachers; Lynn Tweedie, Rena Reba & Shari Stallone

call (607) 326-4797 or (607) 433-1714 ext: 201

Or email at namidelawareco@gmail.com or [sstallone@rehab.org](mailto:ssallone@rehab.org) to register

For caregivers only, class is limited to 20

The NAMI Family to Family Program is sponsored by:

NAMI—New York State, NAMI-Delaware, and Otsego & Otsego County RSS—Community Education Project