

FOR IMMEDIATE RELEASE:

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Name of Event: Family to Family Education Class
Signature class of NAMI (National Alliance for Mental Illness)

Date: **Thursdays**, September 8 thru November 17

Time: 6:30 p.m. to 9:00 p.m.

Where: Cameron Park

To register: call **Jan at 530-677-2676**

Class Description: This 12 week course provides insight into, and resolution of, the profound concerns experienced by families, close relatives and friends as they strive to cope with the realities of serious mental illness. Caregivers not only learn a wide range of information about serious mental illness they also learn to understand how living with these conditions affects their loved one.

This evidence –based course is offered without charge: is taught by trained NAMI family members who have relatives with mental illness; and follows a structured format covering issues frequently faced by families dealing with mental illness. The course teaches the knowledge and skills that family members need to cope more effectively .

What past Family to Family participants say:

“The course gave me hope that it will be okay, that I am not alone and reduced a lot of shame, guilt and hopelessness”

“Knowledge is powerful. I only wish I had taken this course five years ago”

For more information, contact NAMI El Dorado County, (530) 677-2676, P.O.Box 393, El Dorado, Ca 95623, www.namiel dorado.org