

# NAMI Kenosha County Family-to-Family



A FREE education program specifically for adult (18+) family members and friends of loved ones who live with mental illness. Taught by NAMI-trained family members who get it – who have been there. All course materials are free. Includes presentations, interactive exercises, group discussions, resources and access to a community of people who relate to YOU!

Addiction, Anxiety Disorder, Bipolar Disorder, Borderline Personality Disorder, Depression, Dual Diagnosis, Obsessive-Compulsive Disorder, Posttraumatic Stress Disorder, Schizophrenia.

## Location and Time

### SEATS ARE LIMITED!

January 9, 2018 – March 27, 2018 weekly on Tuesday nights from 6:30 until 9:00 PM. Enroll and select your preferred location on our website.

- 1. County Class:** Kenosha County Center (Highway 50 and Highway 45 )
- 2. City Class:** Kenosha County Job Center (8600 Sheridan Road)

We offer a class in Spanish if enrollment is high enough.

## Class Curriculum – 12 sessions

1. Learn about feelings and facts.
2. Schizophrenia, bipolar disorder, major depression, and mania.
3. Mood disorders, borderline personality disorder, posttraumatic stress disorder, addiction/alcoholism
4. Brain basics and the biology of recovery.
5. Problem solving workshop.
6. Medication review.
7. Empathy workshop - what it's like to have a brain disorder.
8. Communication skills workshop.
9. Self-care and relative experiences.
10. Rehabilitation and recovery.
11. Advocacy: fighting stigma.
12. Review and certification ceremony.

**YOU ARE  
NOT  
ALONE**

[www.nami.org](http://www.nami.org)

Talk to someone who understands...someone just like you. For more information and to enroll, please visit our website

[www.namikenosha.org](http://www.namikenosha.org) or call 262-652-3606.

