

# The NAMI Family-to-Family Education Program



## ~ Family-to-Family ~ Support & Education for Family & Friends of Those with Mental Illness

Holy Family Catholic Church in Caledonia is pleased to be hosting a class for family and friends of people living with mental illness, such as anxiety, depression, bipolar disorder, autism, personality disorders, ADHD, PTSD, OCD, and many others. The National Alliance on Mental Illness will be holding the class here. Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises. The class begins Feb. 14, 2019 from 6-8:00pm. This class is a repeat of the class offered in the Fall 2018, and is available to those who have not attended before.

### What You'll Gain

NAMI Family-to-Family not only provides critical information and strategies for taking care of the person you love, but you'll also find out that you're not alone. Recovery is a journey, and there is hope.

The group setting of NAMI Family-to-Family provides mutual support and shared positive impact—you can experience compassion and reinforcement from people who understand your situation. You can also help others through your own experience. In the program, you'll learn about:

- How to manage crises, solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Developing the confidence and stamina to provide support with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- Current treatments, including evidence-based therapies, medications and side effects

### The impact of mental illness on the entire family

### What People Are Saying

"Before I took the course, I felt alone and overwhelmed dealing with my daughter's mental illness. By taking this course, I have met others who are going through the same things I am and have learned about many resources that I never knew existed."

### Sign Up For A Class

Go to [www.holyfamilycaledonia.org](http://www.holyfamilycaledonia.org) for the registration form. Contact Christine Shafer, 616-891-9259 x224 or email [cshafer@holyfamilycaledonia.org](mailto:cshafer@holyfamilycaledonia.org) with questions.

9669 Kraft Ave. SE, Caledonia





FAMILY-TO-FAMILY EDUCATION PROGRAM CLASS REQUEST FORM

NAMI Kent County at Holy Family Catholic Church, Caledonia MI

Return form to Christine Shafer, cshafer@holymfamilycaledonia.org 9669 Kraft Ave. SE Caledonia, MI 49316

Date \_\_\_\_\_

Name/s of Class Participants \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Relationship to family member with illness: \_\_\_\_\_

Diagnosis \_\_\_\_\_

Is relative an adult? Yes No Age of onset of illness: \_\_\_\_\_

Duration of illness \_\_\_\_\_

Compliant with Medications? Yes Sometimes No/Refuses

Living Arrangements \_\_\_\_\_

Other Information You Want To Provide:

How did you learn about the NAMI Family to Family Course at Holy Family Church?

- checkboxes for: parish newsletter, church bulletin, parish website, a friend, social media, Sun & News, Diocesan website, FAITH Grand Rapids magazine, parish group email, Other

Can you commit to all twelve classes? Yes No

If you will miss several classes, consider waiting until the next course as we want you to receive as much information as possible including the lecture material and information from other students.