

Family-to-Family

Does your loved one live with a mental illness?



National Alliance on Mental Illness

Southeast Minnesota

This program is sponsored by NAMI MN

NAMI Family-to-Family Education Program

For family members of loved ones with:

- Bipolar Disorder (also called Manic Depression)
- Borderline Personality Disorder
- Schizophrenia or Schizoaffective Disorder
- Anxiety Disorders, including Obsessive-Compulsive Disorder (OCD) and Post-Traumatic Stress Disorder (PTSD)
- Co-occurring Brain Disorders and Addictive Disorders

You will:

- Learn the common Stages of Emotional Responses *and how to reduce your personal stress.*
- Learn about mental illnesses, the brain, treatment options, and resources to help a loved one who is living with a mental illness.
- Build your communication skills.
- Find support for yourself and your family.

There is no cost to participate. Educational materials are provided.
For the health and safety of participants and the community at large, this class will be held virtually.

Registration Required.

Tuesdays, October 5th- November 23rd

5:45 – 8:30 p.m.

Virtually over Zoom

Link will be sent after registration

For more information, contact Monica at 507-316-0950.

To register:

<https://namisemn.app.neoncrm.com/event.jsp?event=6&>