

NAMI* FAMILY-TO-FAMILY EDUCATION PROGRAM

Spring Class Begins Thursday, March 2, 2023

**This class is FREE for family members, partners and
significant others of individuals living with:**

**Bipolar Disorder/Manic Depression
Major Depression
Borderline Personality Disorder
Schizophrenia and Schizoaffective Disorder
Panic Disorder & Obsessive Compulsive Disorder
Co-occurring Brain Disorders & Addictive Disorders
Post Traumatic Stress Disorder -PTSD**

A series of 8 weekly classes structured to help us, family members/caregivers, understand and support individuals with serious mental illness while maintaining our own well-being. The course is taught by a team of trained NAMI family member volunteers who know what it's like to have a loved one struggling with one of these brain disorders.

There is no cost to participate in the NAMI Family-to-Family Education Program.

Over 300,000 family members in the U.S., Canada, Mexico and Italy have completed this course. We think you will be pleased by how much assistance the program offers.

**We invite you to call or text for more information and to register.
Please register by February 24, so there is time to deliver your notebook and
class materials.**

**Classes will meet via ZOOM at 6:30 p.m. until 9:00 p.m. every Thursday beginning
March 2, with our final class being April 20.**

Co-Teachers: Kari Hull c. 316-570-0423
Victoria Jackson c. 316-200-5951
And Tara Gwynn

For family members, partners and
significant others only.

Registration required.

Classes limited to 20 persons.

This Family-to-Family Education Program is sponsored by NAMI Wichita, NAMI Kansas and the *National Alliance On Mental Illness (NAMI).

www.namiwichita.org