

ARE YOU INTERESTED IN LEARNING ABOUT MENTAL ILLNESS?

Having a mental illness can at times be a lonely, bewildering experience. Knowing how to help a loved one can be just as hard. **But, there is hope.**

If you have a loved one with a mental illness, join us for **Family-to-Family**, developed by the National Alliance on Mental Illness (NAMI).

This is a 12 session education program offering information, understanding and support. Classes are free, including all materials, and are led by trained volunteer instructors, all of whom have a family member with a mental illness.

Since 1993, *over 300,000 Family Members Nationwide* have completed **Family-to-Family** and there are hundreds of graduates in San Luis Obispo County. Among the topics for this program are: Symptoms of Mental Illness; Brain Biology and Medications; Communications Skills; Rehabilitation; and Taking Care of Ourselves.

San Luis Obispo class starts on Saturday June 1, 2013

This program is also offered at other locations and dates throughout the year.

Registration is required. For more information and to register for this *free* education program please call John Klimala at 805-550-3889.

Your privacy is always respected.

If you suspect a family member has a mental illness, you are not alone and we want to help.

Sponsors:



www.t-mha.org



nami
National Alliance on Mental Illness

**San Luis Obispo
County**

www.nami.org/f2f