

*“Great things are not done by impulse, but by a series of small things brought together.” - Vincent Van Gogh*



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## **Register for Course On How to Support Your Loved One’s Mental Health Journey**

The NAMI Family-to-Family Education Course will be offered by the Union County Chapter of NAMI (National Alliance on Mental Illness). The course will be starting on Thursday evening, September 14, 2023 and meet each Thursday from 7:00pm to 9:30pm over a consecutive 9-week period. It is free-of-charge, with all necessary materials furnished at no cost.

The course is offered specifically to the parents, siblings, spouses, teen-age and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders. The course is taught by NAMI members who have completed intensive training.

Curriculum topics include schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder etc., the clinical treatment of these illnesses and how caregivers can learn to cope more effectively. Attendees will learn about new research, medications, skills needed to successfully communicate with a relative and how to deal with critical periods.

Capacity is limited. To register or if you have questions contact Pat Roman at 732-397-8123 or email [patroman2@aol.com](mailto:patroman2@aol.com). Please include in the subject line: F2F Course. A F2F teacher will contact you with the details.