

The Alliance for the Mentally Ill / NAMI of Greater Chicago
1536 West Chicago Avenue, Chicago, IL 60622

The Spanish Family-to-Family Education Course

This is a 6-week course designed for family members of individuals with serious and persistent brain disorders (mental illness). Compiled and written by Joyce Burland, Ph.D., of Vermont, a family member and clinical psychologist, the curriculum focuses on schizophrenia, bipolar disorder, major depression, OCD, anxiety disorders, borderline personality disorder, and co-occurring addictions. Emphasis is on the clinical treatment of these illnesses and teaching the knowledge and skills that family members need when faced with the problems of mental illness. The Family-to-Family Education classes are taught by trained NAMI family member volunteers in co-leading teams. There is no fee for participation in this course.

Call Elizabeth Miljus at (773) 523-9411 to enroll.

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(773) 523-9411 to
register for the
upcoming class.*

**Saturdays, October 14- November 18 FROM 10 AM-2 PM AT THE
NAMI-GC OFFICE. CALL TO REGISTER TODAY!!**

WHAT THE COURSE OFFERS

Information about illnesses of the brain and their treatment:

- < Current information about schizophrenia, major depression, bipolar disorder, borderline personality disorder, panic disorder, obsessive compulsive disorder (OCD), and co-occurring addictive disorders;
- < Current information about medications, side effects, and problems with medication compliance;
- < Discussion of the biological basis of brain disorders (mental illnesses), and treatment options to aide recovery.

Coping Skills

- < Gaining empathy by understanding what a person with a serious brain disorder (mental illness) experiences;
- < Problem-solving, communication techniques; and handling periods of crisis and relapse;
- < Care for the caregiver: coping with worry, stress, and overload.

Advocacy

- < Guidance on locating appropriate supports and services within the community;
- < Voicing concerns for appropriate state and federal policies; working to improve mental health services.

The FAMILY to FAMILY EDUCATION PROGRAM is offered free of charge by NAMI of Greater Chicago as a service to families of persons with mental illness.

For further information about, or to sign up to participate in, the *FAMILY-To-FAMILY EDUCATION COURSE*, call the Elizabeth Miljust at **(773) 523-9411**.

If you are a NAMI family member and would like to take the training to become a *FAMILY-To-FAMILY* educator, you must register for a weekend training session. NAMI family members who take the training must also make a commitment to teach the 12-week course - or facilitate a support group - within one year from the date training is completed.

For further information about the *FAMILY-To-FAMILY EDUCATOR* weekend training for family member educators and facilitators, please contact Holly McAffry, Illinois *FAMILY-To-FAMILY* Program Director at (217) 522-1403.

and SUPPORT GROUPS meet on a regular basis in locations all around greater Chicago, in the city and suburbs. These self-help groups provide family members with an opportunity to seek emotional support and receive practical help from other family members. For further information about a support group in your neighborhood call the NAMI of Greater Chicago office at (312) 563-0445. If you are interested in starting a Support Group in your neighborhood, NAMI of Greater Chicago has compiled a packet of 'how-to' information on starting a Support Group. Call the office to request a copy.

The mission of NAMI of Greater Chicago is to provide hope and improve the quality of life for those in the greater Chicago area whose lives are affected by serious mental illness.

Please join us in this effort!