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|  |  For family, significant others and friends of people with mental health conditions.This is a designated evidenced-based program. This means that research shows the program significantly improves the coping and problem-solving abilitites of the people closest to a person with a mental health condition.Taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises.  |

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| Join Matthea and April for NAMI Family-to-Family. This free 8-week educational program will be offered 100% virtual via ZOOM. October 1, 2020 through November 19, 2020 every Thursday evening from 5:30 – 8:00 pm |
| **Course Schedule:** | **5:30 pm – 8:00 pm @ ZOOM** |
| 10/01/2020 | Class 1 | Introduction to NAMI Family-to-Family |
| 10/08/2020 | Class 2 | Understanding Mental Health Conditions and Preparing for Crisis |
| 10/15/2020 | Class 3 | Getting a Mental Health Diagnosis and Sharing Our Stories |
| 10/22/2020 | Class 4 | Overview of Mental Health Conditions |
| 10/29/2020 | Class 5 | Treatment Options |
| 11/05/2020 | Class 6 | Communication Skills and Problem Solving |
| 11/12/2020 | Class 7 | Empathy and Recovery |
| 11/19/2020 | Class 8 | Moving Forward |
| **Pre-Registration is required in order to ensure we have the appropriate resources available.**We will mail your class materials to the address below. |
| Name of Participant: |  |
| Phone #: |  | Are Texts Ok? |  |
| Mailing Address: |  |
| Email Address: |  |
|  |
| Tell us about your loved one: |
| Relationship to You: |  |
| Age: |  |
| Diagnosis (If diagnosed):  |
| **Send completed registration forms to:** **April Cornelison****307 McKimber Street****Pleasantville, Iowa 50225** |