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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. | | | | | |
|  | | | | |
| 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** | | | | |