# NAMI Savannah Georgia

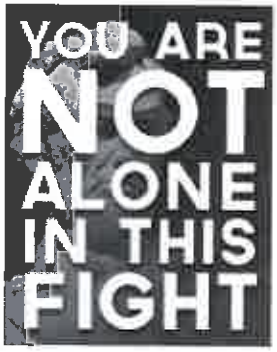
National Alliance on Mental Illness

*NAMI-Savannah, Inc. 224 Stephenson Ave., Suite 2B, Savannah, Georgia 31405*
*Phone: 912-353-7143* www.namisavannah.org

# *Free* NAMI Family-to-Family Classes!

## September 11 – November 20, 2017, 6:00 – 8:00 p.m.

**NAMI Office 224 Stephenson Ave, Savannah, GA 31405**
**For more information please call**
**Lisa Breitberg @ 912.313.3272 or Pam Clinard @ 912-401-2689**




***NAMI Family-to-Family is an educational course for family, caregivers and friends of individuals living with mental illness***

**What You Should Expect:**

- Meets for 12 session, 2.0 hours each, free of cost.
- Designed for loved ones (over age 18) of individuals living with mental illness.
- Taught by trained family members of individuals living with mental illness.
- Provides critical information and strategies related to caregiving.
- Incorporates presentations, discussion and exercises.
- Designated an **Evidence Based Practice in 2013 by SAMHSA.**

**Why You Should Attend:**

- Up-to-date information about a range of mental illnesses, including co-occurring mental illness and substance use disorders.
- Impact of mental illness on the brain.
- Current research on treatments including medication, side effects and evidence-based therapies

**Training in preparedness and emotional resiliency**

- Skills related to managing crises, solving problems and communicating effectively.
- Strategies for self-care including management of stress and emotional overload.
- Guidance on locating appropriate local supports and services.

Perhaps most importantly, as a participant you can gain comfort in knowing you are not alone. Recovery a journey and there is hope for all families and individuals dealing with a mental illness. The in-person group experience of NAMI Family-to-Family provides the opportunity for mutual support and positive impact. You can experience compassion and reinforcement from people who relate to your experiences. Through your participation, you have the opportunity to help others grow.

**About NAMI**

**Mental illness affects everyone.** Nearly 60 million Americans experience a mental health condition every year. Regardless of race, age, religion or economic status, mental illness impacts the lives of at least one in four adults and one in 10 children across the United States. People living with mental illness need help and hope: they need a community that supports them, their families and their recovery.

*Because mental illness devastates the lives of so many Americans, NAMI works every day to save every life.*

**NAMI** is the National Alliance on Mental Illness, the nation's largest grassroots mental health organizatic dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocate for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.

NAMI is the foundation for hundreds of NAMI State Organizations, NAMI Affiliates and volunteer leader who work in local communities across the country to raise awareness and pro e education, advocacy and support group programs.

www.nami.org

**What people have to say about NAMI Family-to-Family**

*"Family members who take the NAMI Family-to-Family course are better equipped to work with mental health clinicians in a collaborative manner. My bottom-line recommendation? Take this course. It will help you learn to cope successfully with a major challenge in your life, and that, in turn, will help your loved one as he or she works toward recovery."*
-- Peter Weiden, M.D., author of *Breakthroughs in Antipsychotic Medications*