



## FOR CAREGIVERS

### A FREE 8-week course for caregivers of adults with a mental health condition

Described by past participants as life changing, **NAMI Family-to-Family** is an 8-week education program for family, friends and significant others of adults with mental health conditions. There is no fee to attend and all course materials are provided at no cost to you.

The course is designed to help all family members understand and support their loved one with a mental health condition while maintaining their own well-being. The course topics are described on the right.

The **NAMI Family-to-Family** course is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit [nami.org/research](http://nami.org/research).

**Register now for the next course**

**Offered by Canadian Family Supports**

**in the areas of:**

**Orangeville**

**Caledon/Bolton**

**Dufferin**

**Guelph/Wellington**

**Location: Mono, ON L9W 6A4**

***For information and to pre-register:***

**By email: [hello@canadianfamilysupports.ca](mailto:hello@canadianfamilysupports.ca)**

**By tel: 519-938-9191**

**Family-to-Family Education Programs, Ontario  
[www.f2fontario.ca](http://www.f2fontario.ca)**



#### **Course topics include:**

- **Understanding mental health conditions and preparing for crisis.**
- **Getting a diagnosis.**
- **An overview of depressive disorders, schizophrenia and schizoaffective disorders, bipolar disorder, anxiety and other mental health conditions.**
- **Treatment options for mental health conditions.**
- **The biology of the brain, medications and side effects.**
- **Listening and communication techniques.**
- **Problem solving and limit setting.**
- **Understanding what it's like to have a mental health condition.**
- **Recovery and rehabilitation as they relate to mental health conditions.**
- **Moving forward and self-care.**