

FREE Family-to-Family Course

Education for Families Who Have Relatives with Serious Mental Illness

When: October 22 through November 28, 2018*
Every Monday & Wednesday for 6 weeks
6:30 – 9:30 PM

***No Class on 11/22**

Where: Novant Health Prince William Medical Center, Manassas

These 12 classes are taught by trained family members. They discuss clinical treatments plus knowledge and skills to help family members cope more effectively with these illnesses:

Schizophrenia,
Bipolar disorder (manic depression),
Clinical depression,
Panic disorder,
Obsessive-compulsive disorder (OCD),
Post-traumatic stress disorder (PTSD).

Weekly topics include:

Learning about feelings and facts;
Diagnosis, causes, coping with critical periods of the illness;
Biology of the brain/new research, medication review;
Problem-solving;
Empathy – what it's like to have a brain disorder;
Communication skills;
Self-care in the family;
Advocacy: fighting stigma.

ADVANCE REGISTRATION REQUIRED. Call 703-659-9983