

13-week series of classes offered by
The National Alliance on Mental Illness
FREE to all participants

Family-to-Family Education Program

Listed on National Registry of Evidence-based Programs & Practices

September 12 through December 5

Tuesdays 6:30 - 9 p.m.
at the Portland VA Medical Center

Who will this class help?

Anyone with an adult family member or friend living with a mental health disorder such as Depression, Schizophrenia, Anxiety, Bipolar Disorder, or PTSD.

Former participants describe the series as “life changing”

Taught by trained volunteer family members, topics include:

- * Fighting Stigma
- * Post Traumatic Stress Disorder
- * Basics of brain biology
- * Communication Skills
- * Dealing with crisis and relapse
- * Empathy – Self Care
- * Medications
- * Depression, Bipolar, Schizophrenia

**To register: call NAMI Multnomah
(503) 228-5692**