

NAMI

National Alliance on Mental Illness

Kalamazoo Community Mental Health and Substance Abuse Services (KCMHSAS), in support of the Family-to-Family Education Program, has partnered with NAMI of Kalamazoo and provided a Family Support Specialist to assist program participants as needed.

To be sure the Family-to-Family Education Program will meet your needs, and to register for this program, please contact:

Deb Schauer, LMSW
Family Support Services
2030 Portage Road
Kalamazoo, MI 49001

(269) 364-6961

dschauer@kazooemh.org

COME JOIN US!

Deb Schauer, LMSW acts as a liaison, for the Family-to-Family Program, with other mental health care providers who wish to refer family members to the Family-to-Family Educations Program.

Scheduled Classes

NAMI Family-to-Family Education Program

Spring 2019 Session

Begins: March 12, 2019
Ends: May 21, 2019
Duration: 11 weeks
Class Day: Tuesday
Time: 6:00 PM until 8:30 PM
Location:

KCMHSAS Building
418 W. Kalamazoo Avenue
Kalamazoo, MI 49007

Fall 2019 Session

Begins: August 20, 2019
Ends: October 29, 2019
Duration: 11 weeks
Class Day: Tuesday
Time: 6:00 PM until 8:30 PM
Location:

KCMHSAS Building
418 W. Kalamazoo Avenue
Kalamazoo, MI 49007



NAMI of Kalamazoo

Family-to-Family Education Program

The Family-to-Family Education Program is a **FREE**, 11 week program, designed for family members, partners, significant others and friends of adults living with a mental illness.

The guiding principal of this program is “You don’t have to deal with mental illness in isolation”.

The program, which is offered twice annually, will help participants understand and support their loved one living with mental illness, while also maintaining their own well being.



INVITATION

Over 115,000 family members, from across the United States, have graduated from the Family-to-Family Education Program. Many of these participants have described the program as “life changing”.

Our trained facilitators, for this program, offer the unique experience and insights of family members and individuals who have lived experiences involving mental illness.

If you have questions about this NAMI Family Educational program, or other programs offered by NAMI of Kalamazoo, please check our website:

www.namikzoo.org

or contact:

**Richard Thompson, Family Education
Program Coordinator**

(269) 459-7177

Richard@namikazoo.org

WHAT DOES THIS PROGRAM INCLUDE?

- **Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders**
- **Up-to-date information about medications, side effects, and strategies for medication adherence**
- **Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery**
- **Gaining empathy by understanding the subjective, lived experience of a person with mental illness**
- **Learning in special workshops for problem solving, listening, and communication techniques**
- **Acquiring strategies for handling crises and relapse**
- **Focusing on care for the caregiver: coping with worry, stress, and emotional overload**
- **Guidance on locating appropriate supports and services within the community**
- **Information on advocacy initiatives designed to improve and expand services**