

FAMILY TO FAMILY

FREE EDUCATION AND TRAINING OPPORTUNITY

Classes are held
each Spring and Fall
For more information or to
preregister for upcoming classes,
contact NAMI Yakima

The NAMI Yakima Family-to-Family Education Program is a free, 12-week course for family members of individuals with mental illnesses. The course is taught by trained family members, and all instruction and course materials are free to class participants.

Topics covered include:

- Current information about schizophrenia, bipolar disorder, major depression and other illnesses
 - Information about medications, side effects, etc.
 - Gaining empathy, problem solving, listening, and communication techniques
 - Acquiring strategies for handling crises and relapse
 - Care for the caregiver: coping with worry, stress, and emotional overload
- Guidance on locating supports and community services
 - Information on advocacy initiatives

Space is limited
To Register, Call 509.453.0753 or
email info@namiyakima.org

Program Made Possible
Through the Generous
Support of
United Way
of Yakima County

