

PUT ME ON THE WAITING LIST FOR THE FAMILY-TO-FAMILY COURSE

Please read through and complete this form. You can return it to us by email, fax or postal mail. Our contact information is listed at the bottom of this form.

Information about the Family-to-Family Course:

- The Family-to-Family course is a free 12-week course that meets once a week for 2½ hours.
- The course is taught by two trained NAMI Family-to-Family instructors who volunteer their time to teach the course. They are also family members/caregivers of someone with mental illness.
- The curriculum focuses on schizophrenia, schizoaffective, bipolar disorder, clinical depression, panic disorder, obsessive compulsive disorder, borderline personality and post traumatic stress disorder.
- The course emphasis is on education regarding mental illness, learning that it is a disease, medications and other treatments, communication skill building, problem solving, empathy, self-care and advocacy.
- The course is **not recommended** for individuals with a diagnosis, **unless** they are a caregiver of someone with mental illness and are stable in their own recovery.
- A free 10-week Peer-to-Peer course is available for individuals with mental illness who want to work on achieving and maintaining wellness. See <http://www.namisacramento.org/training/peertopeer.html> for more info.
- The Family-to-Family course is an informational course, not a support group. However, time is provided for some class discussion throughout the course. For local support groups, see http://www.namisacramento.org/meetings/support_groups.html.
- **We will contact you a few weeks before the start date of the next available course to confirm your interest and participation.**
- For more information go to <http://www.namisacramento.org/training/familytofamily.html> or call our office at (916) 364-1642.

Participant Contact Information:

Name(s) _____

Address _____

Home Phone _____ Cell _____ Work Phone _____

Email _____ Number of Course Participants _____

Other Information you'd like for us to know _____

Today's Date _____