



## **FAMILY-TO-FAMILY EDUCATION PROGRAM**

**Free** for family members, partners and friends of individuals with:

**Major Depression  
Bipolar Disorder (Manic Depression)  
Schizophrenia and Schizoaffective Disorder  
Borderline Personality Disorder  
Panic Disorder and Obsessive Compulsive Disorder  
Co-occurring Brain Disorders and Addictive Disorders**

A series of 12 weekly classes structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well being. The course is taught by a team of trained NAMI family member volunteers who know what it's like to have a loved one struggling with one of these brain disorders. There is no cost to participate in the NAMI Family-to-Family program. Over 100,000 people in the U.S., Canada and Mexico have completed this course. We think you will be pleased by how much assistance the program offers. We invite you to call for more information or visit our web site at: [www.namipascranton.org](http://www.namipascranton.org).

**Classes start: Thursday, September 3, 2009**

CMC Nursing Building  
CME Room, First Floor  
Colfax Avenue  
Scranton, PA  
6:30 – 9:00 p.m.

***Free parking is available in the CMC parking garage.***

Call: Jan Mroz @ 575-2852.  
Or email: [info@namipascranton.org](mailto:info@namipascranton.org)  
**You must register to attend.**