

# Help for Families of those with Mental Illness

The National Alliance on Mental Illness and its local affiliate, NAMI Humboldt, offer a free educational class for families who have a loved one with a serious mental disease. The Family to Family class is available for the adult family members but it is not appropriate for those who have a mental illness, except in special instances. All materials are provided.

The Family to Family Educational course is written as a 12 week session, and because enrollment is limited, each person is asked to make a commitment to attend all sessions. The course focuses on communication skills, empathy, coping, stigma, medications, and many other issues that will help you as you deal with the many facets of this disease. Each week covers a different topic, and builds on previous classes. It is taught by trained leaders who also have loved one with a mental illness. As you bond with the other class members, you find out that you are “not alone”.

**Our next class is currently scheduled for Eureka starting March 18 and running through June 3, 2010. Class starts on time at 6PM and ends at 8:30.. Call early, as classes do fill quickly.**

**To register, please contact Edith at 822-9535 or Sharon at 725-8853.**