

## Family-to-Family

A **FREE** Education Program for family members  
Having a loved one with mental illness

### What Is Family-to-Family?

The Family-to-Family Education Program was created by Dr. Joyce Burland, a psychologist and family member, and is sponsored by the National Alliance on Mental Illness. This twelve-class course is especially designed for family members and friends of persons experiencing the effects of mental illness. Primary focus is on three major psychiatric illnesses: schizophrenia, bipolar disorder (manic depression) and major depression. Other topics covered in the program include treatment strategies and coping skills, communication and problem solving.

Classes are team-taught by intensively trained family members. Participants are encouraged to support each other, to be knowledgeable, and to be effective members of a team that includes the family, the consumer, the doctor, and the case manager.

**Program meets once a week for 12 weeks**

**When: Saturday, January 18, 2014 - April 5, 2014**

**Time: 9am – 11:30am**

**Where: Stark State College: 6200 Frank Avenue NW • North Canton, Ohio 44720**

**Please Call 330-455-6264 for More Information/Registration**

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