

# Do You Have a Loved One Living with Mental Illness?

## NAMI Cook County North Suburban Offers Free Family to Family Education Programs

Education and Support for Families who have  
adult relatives with mental illness.

### The NAMI Family-to-Family Education Program



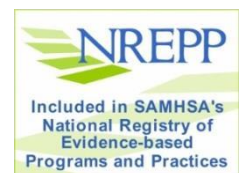
is a 12-week course for families and close friends of  
adults with mental illness.

This course is taught by trained teachers who are also  
family members and know what it is like to have a loved  
one living with mental illness, such as major depression,  
bipolar disorder, anxiety disorders, schizophrenia,  
and other disorders.

Many family members describe this experience  
as **life-changing**. Join the thousands of families,  
just like yours, who have gained information,  
understanding, and support.

### Family to Family participants:

- Learn about family responses to the trauma of mental illness
- Receive current information on serious mental illnesses
- Learn about symptoms, medications and side effects
- Practice problem-solving skills and communication techniques
- Develop strategies for handling crises and relapses
- Learn about local community resources and supports
- Focus on self-care and coping with stress



## Summer 2016

Tuesday evenings, June 7th – August 23rd,  
6:30 – 9:00 pm, at Skokie Hospital

Free, but REGISTRATION IS REQUIRED please call 847-716-2252  
Commitment to attend the 12 classes is required

Sponsored by NAMI Cook County North Suburban 847-716-2252  
Visit [www.namiccns.org](http://www.namiccns.org)