



**ARE YOU CONCERNED FOR SOMEONE DIAGNOSED
WITH:
DEPRESSION
BIPOLAR DISORDER
ANXIETY
SCHIZOPHRENIA
OBSESSIVE COMPULSIVE DISORDER
POST TRAUMATIC STRESS DISORDER
OTHER MENTAL ILLNESS?**

You may benefit by attending NAMI's Family to Family class. This class meets once a week for 12 weeks. You will learn coping and communication skills to use with your mentally ill loved one; you will learn about various brain illnesses, medication, medication side effects, where to find local resources and how to prepare for a crisis. You will meet other people who are in a similar situation and you will be able to develop a support network. (Support Groups also available)



Offered by:



1090 U.S. Hwy 17 S. Bartow, FL 33830

Family to Family Class Schedule
(Classes are free of charge)

Registrants are urged to attend all meetings:

Tuesday nights from 6:30pm-9pm

Feb. 10	<u>Feb. 17*</u>	Feb. 24
Mar. 3	Mar. 10	<u>Mar. 17*</u>
Mar. 24	Mar. 31	Ap. 7
<u>Ap. 14*</u>	Ap. 21	Ap. 28

For dates with *, classes will meet on the second floor at Family Fundamentals. All other dates classes will meet on the ground floor of Lakeland Volunteers in Medicine- Community Room. This room has a separate private outside entrance to the right of the main entrance as you face the building. All classes meet at street address:

1021 Lakeland Hills Blvd. – Lakeland

REGISTRATION IS REQUIRED CALL (863) 533-4411

Classes sponsored in part by:

City of Lakeland and Publix Super Market Charities

