



Frederick County

NAMI Frederick Announcing:

1. **Family to Family Education Classes Starting Sep. 17th**
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NAMI's Family-to-Family Program is designed to help family members and friends understand and support their loved one while maintaining their own well being.

- A 12-session education program for adult family members and friends of people who live with mental illness
- Free class
- Taught by trained family members of people living with a mental illness
- Information on Schizophrenia, Bipolar Disorder, Depressive Disorder and more

Research-proven improvements for people taking Family-to-Family include:

- Significantly greater overall empowerment -- within family, service system and community
- Greater knowledge of mental illness
- Higher ratings of coping skills
- Lower ratings of anxiety related to being able to control conditions
- Higher reported levels of problem-solving skills related to family functioning

NAMI Frederick's Fall 2018 Family-to-Family Class:

- September 17 -- December 3, Monday evenings 6:30-9
- All Saints Episcopal Church, 106 West Church Street, Frederick, MD 21701

Sign up for Family-to-Family:

- Sign up at [Fall 2018 Family-to-Family Class](#) OR
- Contact Family-to-Family Coordinator Tracy Delia at tracy.delia@namifrederick.org or (240) 385-9575

QUESTIONS? Please feel free to contact our Family-to-Family Coordinator, Tracy Delia, at tracy.delia@namifrederick.org or (240) 385-9575 with any questions, concerns or for more information about the class