

FREE CLASS for families/caregivers of individuals living with a serious mental illness. These include:

Major Depression, Bipolar Disorder, OCD, Panic Disorder, Schizophrenia, PTSD, Borderline Personality Disorder & Anxiety Disorders

**NAMI Family-to-Family
Class in Asheville**

**6:00 – 8:30 pm
Tues. & Thurs. evenings
Jan. 18 – Mar. 1, 2018**

Preregistration is required
Please contact Pam Jaillet
828-989-2365 pamelajaillet@gmail.com



The 12-session NAMI *Family-to-Family* Education course has informed & empowered over 300,000 graduates nationwide. Up-to-date facts about mental illnesses, medications, communication skills, problem-solving, community services, advocacy and care for the caregiver. All materials are **free**. The instructors are trained volunteers.

**Sponsored by NAMI Western Carolina,
an affiliate of the National Alliance on Mental Illness.
www.namiwnc.org**