



EDUCATION PROGRAM

Free for family members, partners and significant others of individuals with

**Major Depression, Bipolar Disorder (Manic Depression)
Schizophrenia and Schizoaffective Disorder
Borderline Personality Disorder
Panic Disorder and Obsessive Compulsive Disorder
Post-Traumatic Stress Disorder
Co-occurring Brain Disorders and Addictive Disorders**

A series of 12 weekly classes structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well being. The course is taught by a team of trained NAMI family member volunteers who know what it's like to have a loved one struggling with one of these brain disorders. **There is no cost to participate in the NAMI Family-to-Family Education Program.** Over 150,000 people in the U. S., Canada, and Mexico have completed this course. We think you will be pleased by how much assistance the program offers. We invite you to call for more information. **Register Now.**

Tuesday, January 18, 2011 en Espanol

Houston Area Community Services, 2150 W. 18th St., Ste 100, Houston TX 77008
6:30 - 9:00 p.m. Call: Fanny at 281-221-8254 *or* Reyna at 832-643-6375

Wednesday, January 19, 2011

Michael E. DeBakey VA Medical Center, 2002 Holcombe Blvd., Houston TX 77030
6:30 - 9:00 p.m. 6th floor, 6B-184 Call: 713-970-4419 *or* 713-665-1575

Tuesday, January 25, 2011

First Unitarian Universalist Church, 5200 Fannin, Houston, TX 77004
6:30 - 9:00 p.m. Call: Susan at 713-529-5446 *or* 713-970-4419

Tuesdays, March 1, 2011

Cypress Bible Church, 11711 Cypress North Houston, Cypress, TX 77429
6:30 - 9:00 p.m. Call: Susan at 281-376-9565 *or* Lorraine at 281-205-4462

**NAMI Family-to-Family Education
Program is sponsored and funded by
NAMI Metropolitan Houston**

**For family members and
caregivers only**

Registration Required
Classes limited to 20 persons

www.namimetrohouston.org or 713-970-4419