



## **12 Week 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**  
**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.**

**Registration Required**  
Classes limited to 20 persons

**Saturday, February 20, 2010 thru May 8, 2010**

The Village 1099 Sunnydale Ave. San Francisco, Ca 94134

9:30am-12:00 p.m. Call:

Wanda Materre at 255-3694 or email

wanda.materre@sfdph.org

**\*For family members and caregivers**

**This NAMI Family-to-Family  
Education Program is sponsored and  
funded by NAMI San Francisco  
[www.namif.org](http://www.namif.org) Office (415) 905-6264**