



**FREE** course for family members, friends and significant others of an adult who may be suffering with any of the following:

*Major Depression, Anxiety, Bipolar Disorder, Schizophrenia, Schizoaffective, Post Traumatic Stress Disorder, Borderline Personality Disorder, Panic Disorder, Obsessive Compulsive Disorder, Co-occurring Brain Disorders, 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 trained NAMI family members offering information about mental illnesses, coping skills, resources and family communication.

*One mother commented, " My daughter is so thankful that I'm learning so much about her illness so we can talk more meaningful. I'm very happy to have found this class" Another participant remarked, "This class has literally saved my marriage."*

## To Register

Contact Co-Teacher

Gloria  
727-848-5169  
glorastrother@verizon.net  
or  
Georgianna  
727-277-8059

Trinity Medical Center  
West Pasco Campus  
5637 Marine Parkway  
New Port Richey, FL.

August 8 - October 24, 2014 from 9:30am to 12 noon

Register early  
seating is limited to  
24 attendees



**NAMI** Pasco County  
National Alliance on Mental Illness

Affiliate (727) 992-9653 Email: [namipasco@gmail.com](mailto:namipasco@gmail.com)  
Website [www.namipasco.org](http://www.namipasco.org) "Like" us on Facebook