



**Alameda County  
South**

**Free for Caregivers (family members, partners and friends)  
of individuals with a serious mental illness**

## **Family-to-Family Education Program**

**Major Depression  
Bipolar Disorder (Manic Depression)  
Schizophrenia and Schizoaffective Disorder  
Borderline Personality Disorder  
Panic Disorder and Obsessive Compulsive Disorder**

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 300,000 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.

**Classes Start: Saturday, February 10, 2024**

**Place: Fremont, CA**

(In person classes will be held in the fellowship hall of a local church in north Fremont)

**Time: 9:00 a.m. to 11:30 a.m.**

For caregivers only.  
Registration required.

For registration information contact:

F2F Registration Number

510-255-3903

F2F@NAMIacs.org

Class is limited to 15 persons

The Family-to-Family Education  
Program is sponsored and funded by

NAMI

(National Alliance on Mental Illness)

[www.nami.org/f2f](http://www.nami.org/f2f)

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