



OUT OF THE FOG

The monthly newsletter of NAMI San Francisco
www.namif.org

Family To Family Class Starting In February

To enroll in the class, please call the hotline, 415-905-6264, and leave your name and phone number, or email the NAMI San Francisco office at namif@fsasf.org, and you will be contacted by one of the teachers.

What does the course include?

- * Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders
- * Up-to-date information about medications, side effects, and strategies for medication adherence
- * Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery
- * Gaining empathy by understanding the subjective, lived experience of a person with mental illness
- * Learning in special workshops for problem solving, listening, and communication techniques
- * Acquiring strategies for handling crises and relapse
- * Focusing on care for the caregiver: coping with worry, stress, and emotional overload
- * Guidance on locating appropriate supports and services within the community
- * Information on advocacy initiatives designed to improve and expand services