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Beaumont – Taylor • NAMI-Metro

FAMILIES *in* ACTION

Families in Action is an educational program designed specifically for **people with a loved one experiencing a serious form of mental illness.**

Through a series of ten, 2-hour weekly sessions, facilitated by family members trained by NAMI-Michigan, you will learn about:

- Families Wants and Needs
- Recovery as a Process of Hope
- Community Resources
- Signs and Symptoms
- Medications
- Stress Management
- Communication Skills
- Dual Diagnosis
- Dealing with Difficult Symptoms
- Supporting Recovery

Our goals are to help family and friends with a loved one diagnosed with a mental illness:

- Discover ways to help their family member be as healthy, happy, and independent as possible
- Experience for themselves how to become effective partners in their family member's treatment plan
- Understand mental illness and how it affects the family
- Help the ill family member work toward recovery
- Learn how to cope with stress
- Experience a supportive environment

Clinton Twp. • Macomb Intermediate School District
44001 Garfield • Clinton Township • 48038
Thursday's • 7:00 - 9:00 PM
March 5 – May 7, 2020

Southfield • Providence Hospital Medical Bldg.
22250 Providence Drive • Southfield • 48075
Wednesday's • 7:00 - 9:00 PM
March 4 – May 6, 2019

Either mail your application with a check made payable to NAMI Metro to:
Families In Action NAMI-Metro • c/o Mary Ellen Judd • P.O. Box 852 • Northville, MI 48167
or register online at <http://namimetro.org/resources/families-in-action/>

A nominal fee of **\$20 per person** or **\$30 per couple** is required to finalize registration.

Name(s): _____

Address: _____

Phone: _____

Email: _____

Please select a location:

Clinton Township

Southfield