

NAMI Family to Family

Course Content

- Week 1** Learning about feelings and learning about facts.
- Week 2** Schizophrenia, schizo-affective disorder, diagnosis, critical periods
- Week 3** Major depression, mania, panic/anxiety and obsessive compulsive disorder, diagnosis and causes.
- Week 4** Basics about the brain.
- Week 5** Problem solving skills workshop.
- Week 6** Medication review.
- Week 7** What it's like to have a mental illness — empathy workshop
- Week 8** Communications skills workshop.
- Week 9** Support groups and self-care.
- Week 10** Rehabilitation and potential for recovery.
- Week 11** Advocacy — fighting stigma.
- Week 12** Review, evaluation, certification and celebration.