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## NAMI Family-to-Family, NAMI Basics, and NAMI Support - 3 flyers

1 message

**A&J Nelson** <f2fnami@gmail.com>  
 To: Alan Nelson <f2fnami@gmail.com>  
 Bcc: edc.cob@edcgov.us

Sat, May 9, 2015 at 6:37 PM

9-May-2015

Dear Community Leader,

### MAY IS MENTAL HEALTH AWARENESS MONTH

We appreciate your helping us celebrate mental health awareness by getting the word out about these FREE NAMI education programs. Attached are 3 flyers for NAMI Family-to-Family, NAMI Basics, and NAMI Support.

Attending a NAMI support and attending the NAMI Family to Family program was without a doubt, the single most helpful and informative step in our quest to help our loved one.

Mental illness affects everyone. Regardless of race, age, religion, or economic status mental illness impacts the lives of at least one in five adults. One in five children age 13-18 live with a mental illness across the United States. Half of all lifetime cases begin by age 14 and 75% by age 24. The average delay from onset to intervention is 8-10 years! We can shorten that by providing education.

People living with mental illness and children experiencing behavioral challenges need help and hope. They need the support of an educated community, and their families/caregivers/mentors to assist in their recovery.

These education programs are regularly wait listed in the Bay Area. We are thrilled to be a part of NAMI El Dorado County (and the new NAMI leaders for South Lake Tahoe.) Thank you for the warm welcome we have received into this beautiful community.

Cheers,

Jeanne and Alan Nelson - 650-740-5776  
 NAMI El Dorado County (South Lake Tahoe) <- 100% non-profit -- 100% volunteer  
[www.NAMI.org](http://www.NAMI.org)  
[www.namieldorado.org](http://www.namieldorado.org)

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### 3 attachments



**NAMI F2F - Fall 2015 - SLT.pdf**  
 481K



**NAMI Basics SLT Fall 2015.pdf**  
 476K



**NAMI El Dorado -Family Support SLT.pdf**  
 380K



**Free** for family members, partners, and friends of individuals with the following mental health issues:

**Schizophrenia**  
**Bipolar disorder, Major Depression**  
**Co-occurring Brain and Addictive Disorders**  
**Borderline Personality Disorder**  
**Panic Disorder and Obsessive Compulsive Disorder (OCD)**  
**Post-traumatic Stress Disorder (PTSD)**

**WHAT:** A series of 6 classes taught on consecutive Saturdays structured to help **caregivers, family members, and friends** 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, Mexico, and Italy have completed this course. We think you will be pleased how much assistance the program offers. We invite you to call for more information.

Evidenced-based– learn the important role you play in your loved one's recovery.  
People can and do recover.

**WHERE:** Lake Tahoe Community College, 1 College Way, South Lake Tahoe, CA (room information will be provided with registration.).

Co-Teachers: Jeanne and Alan Nelson – [f2fnami@gmail.com](mailto:f2fnami@gmail.com)

**WHEN:** The class meets weekly for six consecutive Saturdays: Oct 10, 17, 24, 31, Nov 7, Nov 14. Class begins on Sat., October 10 and concludes on Sat., November 14, 2015. Please commit to attend each of the 6 Saturdays.

**Time:** 9 a.m. to 3 p.m. Complimentary snacks/coffee and lunch are included.

**Call Jeanne to register: 650-740-5776**

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

[www.namiel dorado.org](http://www.namiel dorado.org)





**Free** program designed for parents/caregivers of children and teens with emotional or behavioral difficulties or those diagnosed with a mental illness such as ADHD, Anxiety, bi-polar, OCD, and depression. This course will help you understand the brain disorder that is causing those behavioral difficulties and the role families/caregivers play in the treatment of those illnesses. Recovery is a journey and there is hope.  
99% of all past participants recommend this course to other parents/caregivers.

*The program is taught by trained teachers who are also parents/caregivers of individuals who developed symptoms of mental illness in childhood*

Parents, Foster Caregivers, Youth Leaders/Mentors

Class Includes: • Getting an Accurate Diagnosis • Current evidence-based therapies and medications • Communication Skills and Problem Solving • Handling Challenging Behavior • Advocating for Your Child/Teen • Early Intervention improves lifelong quality of life • Strategies for Care • The Ropes of Recovery • Understanding family impact • Overview of public mental health care, school and juvenile justice system • Confidence for life-long understanding and support.

**WHAT:** A free 3 session course taught on 3 consecutive Saturdays

**WHERE:** Lake Tahoe Community College, 1 College Parkway, South Lake Tahoe, CA  
(room information will be provided with registration)  
Co-Teachers: Jeanne and Alan Nelson – [f2fnami@gmail.com](mailto:f2fnami@gmail.com)

**WHEN:** The 3-session class meets weekly from 9 a.m. – 2 p.m. for three consecutive Saturdays: September 12, 19, and 26, 2015 (Please commit to attending each of the 3 Saturdays)  
**Time:** 9 a.m. to 2 p.m. Complimentary snacks/coffee and lunch are included.

**Call Jeanne to register: 650-740-5776 [f2fnami@gmail.com](mailto:f2fnami@gmail.com)**

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National Alliance on Mental Illness



National Alliance on Mental Illness

# **nami** | El Dorado County

## **NAMI Family Support Group**

NAMI Family Support Group is a free, confidential and safe support group of families helping other families who live with mental health challenges by utilizing their collective lived experience and wisdom. Learn best practices for caring for your loved one who is living with mental illness. Led by family members of individuals living with mental illness.

### **What You'll Gain**

You will gain hope and develop supportive relationships. Individuals with mental illness can and do recover. This group encourages empathy, productive discussion and a sense of community. You'll benefit through other's lived experiences, discover your inner strength and learn how to identify and leverage local resources.

**WHERE:** South Lake Tahoe Library,  
1000 Rufus Allen Road,  
South Lake Tahoe, CA 96150

**WHEN:** 2<sup>nd</sup> Tuesday of each month starting June 9  
2015 dates: Jun 9, Jul 14, Aug 11, Sep 8, Oct 13, Nov 10, Dec 8

**TIME:** 6:00 p.m. – 7:30 p.m.

**Co-Support Group Facilitators:** J&A Nelson

[f2fnami@gmail.com](mailto:f2fnami@gmail.com) 650-740-5776

**For more information on NAMI visit:** [www.nami.org](http://www.nami.org) and  
<http://www.namiel dorado.org>