

Hello -

Thank you for your interest in NAMI's 12-week *Family-to-Family* Education Program. We have are providing information to introduce you to the program. Along with this letter, you will find an *Application for Enrollment*, and a *Course Curriculum*. We ask you review these items, and complete and return the Enrollment Application as soon as possible.

Family-to-Family 12-week courses are held in various locations in Sonoma County throughout the year. We also present a Family to Family course for Spanish speakers annually, or when we have substantial enrollment. You can help us by spreading the word about this class.

The *Family-to-Family* Education program is co-taught by NAMI Certified Teachers, who also have a close family member with serious mental health challenges. The sessions are interactive and you will be participating in confidential round table discussions, as well as learning the practice of self-care and communication techniques. We also feature guest speakers. Each class lasts 2 ½ hours, which includes a 15-minute break. Because Family-To-Family builds on the information presented in earlier sessions, a commitment of regular attendance and promptness is important. Our goal is to assemble a dedicated community of caregivers who learn from and support each other.

A NOTE ABOUT ENROLLMENT: We welcome family members at **least 15 years** of age or older including Dad, Mom, Grandparents, Uncles, Aunts and especially Siblings. We also welcome any spouse, partner, or professional caregiver/attendant providing care for someone with mental illness. Family to Family is a 'family experience.' It is beneficial to have more than one family member attend the course, so the responsibility for learning new information can be shared. We have found that family members participating together offer a great chance to promote a loved one's recovery.

IF FAMILY TO FAMILY IS NOT FOR YOU: The curriculum design of Family to Family is not appropriate for the person with the diagnosis/illness/symptoms. NAMI Sonoma County has a wide variety of free educational programs for the person experiencing symptoms. Please contact our office at (707) 527-6655 or access our website at www.namisoco.org for more detailed information.

ABOUT THE COURSE:

- I. Each class builds the information you will learn in earlier classes. You will receive the greatest benefit from the course if you are able to attend each week. We ask that you confirm your schedule to take the best advantage before you enroll in Family to Family.
- II. If an emergency prevents you from attending class, please contact your F2F Trainer and let them know you will be absent.



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- III. The nature of discussion in all classes will be confidential. We ask that you keep all knowledge of individuals who attend and all discussions within the boundaries of the classroom.

We look forward to your participation in the Family-To-Family Education Program. Please complete the enclosed Application and return to our office as soon as possible in the self-addressed envelope. Upon receipt of your application, a NAMI staff member will confirm your registration. If you are unable to attend the current series, please contact us to be placed back on the waiting list for future programs at (707) 527-6655 or email info@namisoco.org

With Warm Regards,

The NAMI Sonoma County Staff and Family-to-Family Teachers

Rev. 9/10