



# NAMI

## Scott County

National Alliance on  
Mental Illness

presents

# Family-to-Family

MUSCATINE CLASSES

NAMI's Family-to-Family Education Program is a 12-week course for families and friends of individuals living with Major Depression, Bi-Polar Disorder, Schizophrenia, Obsessive Compulsive Disorder, Panic Disorder, Post Traumatic Stress Disorder and Borderline Personality Disorder. The course is taught by trained family members who have chosen to become teachers after being empowered as a result of taking this class. Many family members describe this program as life changing. Join the thousands of families who have gained information, insight, understanding, and empowerment from attending this NAMI signature program.

*All course materials are furnished at no cost.*

### Course Topics Include:

- Family response to trauma
- Diagnosis & dealing with critical periods
- The biology of the brain; emerging scientific discoveries
- Problem solving workshop
- Medication review
- Understanding the inner experience of living with mental illness
- Communications skills workshop
- Self-care
- Rehabilitation; services available
- Advocacy: fighting stigma

For more information, contact  
NAMI Scott County at (563) 322-8870

Register TODAY for our Fall Classes:

**September 13—December 6th**  
**7:00pm — 9:30pm**

**Muscatine Community College**

152 Colorado St in Muscatine

**Course #: 84360**

All class participants must register  
through the college:

Registration ends September 28th

Class size is limited—REGISTER TODAY:

**(563) 288-6100**

Registered participants will be contacted  
1 week before classes begin.



Family-to Family  
Sept 13-Dec 6  
Course# 84360  
MCC: 563-288-6100

Family-to Family  
Sept 13-Dec 6  
Course# 84360  
MCC: 563-288-6100

Family-to Family  
Sept 13-Dec 6  
Course# 84360  
MCC: 563-288-6100

Family-to Family  
Sept 13-Dec 6  
Course# 84360  
MCC: 563-288-6100

Family-to Family  
Sept 13-Dec 6  
Course# 84360  
MCC: 563-288-6100

Family-to Family  
Sept 13-Dec 6  
Course# 84360  
MCC: 563-288-6100

Family-to Family  
Sept 13-Dec 6  
Course# 84360  
MCC: 563-288-6100

Family-to Family  
Sept 13-Dec 6  
Course# 84360  
MCC: 563-288-6100