

Family-to-Family Class Schedule
Spring 2010

Jackson: Begins Tuesday, Feb. 9th, 6:00 – 8:30 pm, Conference Room 3 at St. Dominic Hospital

Gulfport: Begins Tuesday, Feb. 23rd, 6:00 – 8:30 pm, Garden Park Hospital
Class Room 2 & 3

Oxford: Begins Saturday, Feb. 13th, 1:00 – 3:30 in the Harrison Rm. of University Library

This free 12-week course is for family members who have an adult relative with a serious mental illness such as schizophrenia, bipolar disorder, major depression, anxiety disorders, PTSD, and others. It is not appropriate for the person with the illness. Classes are structured to help caregivers understand and support their ill loved ones while maintaining their own well-being. **For more information and to register call NAMI MS – 800-357-0388.**