



Family Connection

"Helping families flourish through difficult times."

NAMI Lee, Charlotte and Hendry Counties

Website: www.namilee.org

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NAMI Family Connection is a new program designed to provide peer-led education, support and system navigation guidance to families caring for a mentally ill loved one. Drawing extensively from the evidence-based curriculum of the NAMI Family-to-Family Education Course, this new program will delve more deeply into several of the topics covered in class and allow the time and flexibility for discussion, support and sharing of coping skills and lived experiences to help and guide others.

January 8 and 22, 2019 - For many families the first and often biggest challenge is simply getting your loved one to accept that they need help. We will use Class 2: The 3 Major Mental Illnesses/Critical Periods to explore strategies for getting your family member diagnosed and receiving treatment.

February 5 and 19, 2019 - Sometimes communicating with your ill family member can be difficult and frustrating. Using shared experience and Class 8: Communication Skills Workshop as a guide, we will learn specific techniques that can help you communicate with your ill family member in a more positive, effective manner.

March 5 and 19, 2019 - Mental illness affects the whole family and a treatment plan should involve them too. Using concepts from Chapter 6 we will explore the challenges of HIPAA and how to work WITH health care providers to ensure your family member is being properly treated and supported in their recovery.

April 2 and 16, 2019 - Pulling from an array of information throughout the Family-to-Family manual, we will discover and discuss what you can realistically expect from your ill loved one during an episode and also during recovery.

May 7 and 21, 2019 - Caring for an ill loved one takes a toll on individuals, families, and marriages. Including material from Class 9: Relative Groups and Self-Care we will be discussing the importance of self-care and some different ways we can care for ourselves and our healthy family members while caring for our ill loved one.

WHERE:

Lee Memorial Hospital - 2776 Cleveland Avenue (Medical Room 3)
Fort Myers, FL 33901

WHEN:

7:00 p.m. - 8:30 p.m.

FREE but registration is required due to limited class size. Register on line at <https://namilee.org/programs/family/>