



NAMI Tri-Valley in coordination with VA Palo Alto Health Care System (VAPAHCS), Livermore Division

offers a

Family-to-Family Education Program (FFEP)

NAMI Family to Family Education Program is a free 11-week course for family, friends, and caregivers of active duty or Veteran service members living with mental health disabilities. This Program is taught by a trained Veteran family volunteer, using a structured curriculum.

In weekly sessions, participants receive information about....

- Mental Health Disabilities, Treatments, Medications
 - Mental Health Recovery
 - Self-Care and Communication Skills
- Problem Solving and Advocacy Strategies

FFEP is a widely used and evidence-based family education program. Several benefits include :

- ***Greater Perception of Empowerment***
- ***Reducing Subjective Burden of Caring for others living with Mental Health Disabilities***

Start date: July 21, 2011 – End date: September 29, 2011 (Thursday evenings)

Time: 6:30pm - 9:00pm

Location: VA Livermore @ 4951 Arroyo Road

Building 90 – Nursing Conference Room

Contact information:

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