## Family to Family Education Program, Behavioral Health, Prince William County

Age Requirements No Age Requirement Family No Intake Contact Email info@nami-pw.org Intake Process Please call or email for more information Intake Contact Telephone (703) 659-9983 National Alliance on Mental Illness Prince William (NAMI PW) http://www.nami-pw.org https://nami-pw.org/programs/family/ Main (703) 659-9983 **Toll-Free** (800) 950-6264 P.O. Box 1423 22195 VA **United States** Monday: 9:00 am-5:00 pm Tuesday: 9:00 am-5:00 pm Wednesday: 9:00 am-5:00 pm Thursday: 9:00 am-5:00 pm Friday: 9:00 am-5:00 pm Saturday: Closed Sunday: Closed Additional Availability Comments Monday-Friday 9:00 am - 5:00 pm Languages Spoken English

The NAMI Family-to-Family Education Program is a free, 12-week course for family caregivers of individuals with severe behavioral health disorders. The course is taught by trained family members. All instruction and course materials are free to class participants. The course includes:

- Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders;
- Up-to-date information about medications, side effects, and strategies for medication adherence;
- Current research related to the biology of brain disorders and the evidencebased, most effective treatments to promote recovery;
- Gaining empathy by understanding the subjective, lived experience of a person with a behavioral health;
- Acquiring strategies for handling crises and relapse.

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Service Area(s) Manassas City

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Manassas Park City

Prince William County Email info@nami-pw.org