Families In Action

Designed to help families deal with grief and how to help their loved one(s) move toward recovery.

The family members who conduct the program are people just like you. They have also lived the hardships of mental illness and have been trained on how to share their experiences with others.

Application/Registration

(list full names of those attending)

Name(s) _____________________________
_____________________________________

Address _____________________________
_____________________________________

Phone _____________________________

Email _____________________________

☐ Southfield    ☐ Clinton Township

Date _____________________________

Online Registration available at www.namimetro.org

If you would like to be put on the waiting list for 2019 please mail above registration form to:

Families In Action NAMI-Metro

c/o Mary Ellen Judd

P.O. Box 852

Northville, MI 48167

A nominal fee of $20 per person or $30 per couple will be charged at the time of final registration. NAMI has an open door policy for individuals/families in need & scholarships are available.

2020 10-week Spring Series

SOUTHFIELD LOCATION - WEDNESDAYS

March 4, 2020 - May 6, 2020

Place: Ascension Providence Hospital-Southfield Medical Building

22250 Providence Drive

8th Floor - Room 8C

Southfield, MI 48075

Time: 7:00 p.m. to 9:00 p.m.

Parking: South Parking Lot across from the Medical Building

Contact: Mary Ellen or Leon at (248) 348-7197 or leonj@namimetro.org

CLINTON TOWNSHIP LOCATION - THURSDAYS

March 5, 2020 - May 7, 2020

Place: Macomb Intermediate School District

44001 Garfield Rd.

Room 205

Clinton Township, MI 48038

Time: 7:00 p.m. to 9:00 p.m.

Parking: South Parking Lot and enter through the South Door

Contact: Terri at (586) 381-1958 or laurac@namimetro.org

Class size is limited and we are unable to accept walk-ins. You must pre-register for the program.

Online Registration available at www.namimetro.org

Reservations are on a first come basis.

Meetings start promptly at 7:00 p.m.

Coffee and conversation begins at 6:45 p.m.

For any information regarding any NAMI mental health educational programs please call (248) 348-7197 or go to www.namimetro.org

“…This program breaks the isolation and closed in circle you can feel at times when caring for a loved one with mental illness…this group empowers you by giving information, personal first hand practical help…and hope.”

Anonymous
Educational Program

Families in Action is an educational program that is designed specifically for people with a loved one that is experiencing a serious form of mental illness.

The program was initially developed by NAMI-Michigan. It is a series of ten, 2 hour weekly sessions facilitated by family members who have been trained by NAMI-Michigan.

Learn About

- Families Wants and Needs
- Recovery as a Process of Hope
- Community Resources
- Signs and Symptoms
- Medications
- Stress Management
- Communication Skills
- Dual Diagnosis
- Dealing with Difficult Symptoms
- Supporting Recovery

Goals

- To help families understand mental illness and how it affects the family.
- To help families discover ways to help their family member be as healthy, happy, and independent as possible.
- To help the ill family member work toward recovery.
- To help families experience for themselves how to become effective partners in their family member’s treatment plan.
- To help families learn how to cope with stress.
- To help family members experience a supportive environment and maintain contact with group members for future support.

Testimonials

“I was totally unaware of community resources, most mental health organizations and available newsletters, now I know a lot more and have a great book for reference.”

T - Waterford

“A lot of these strategies and ideas, info, etc. I learned as a special ed teacher - the link to mental illness was a great refresher course for me. I am so grateful to have been a part of this course. Your generosity of time, experience and support is overwhelming to me. I’m glad to know you are there.”

GG

“This was one of the best classes I have ever attended (after two college degrees and many corporate classes)! It was highly enlightening and very well structured and executed. Provided terrific insight into the lives of those with MI and their families. I now feel empowered to do my best and assist my loved one. Your team of volunteers are angels - all the time, openness and caring they give to us -- immeasurable.”

RD

“An oasis in the desert .. thank you”
Anonymous

“At last, a class created especially for those who have a loved one struggling with serious mental illness! I have been searching for something like this for 24 years.”

S - Oxford

“Families in Action has given me strength to look in the future. That yes, there will be some extremely difficult times but there is much hope that things can improve.”

E - Ortonville

“The program exceeded my expectations. I expected to get a lot of information. I didn’t expect the amount of passion the presenters have to help the families that are in this situation. Thank you.”

A - Oxford

Recovery

Recent clinical research documents that families who are educated about mental illness are able to cope with it better and have a positive impact on the recovery process of their loved ones.

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