



Family-to-Family

A Free Peer
Education Program



Course Topics Include:

- Family response to trauma
- Diagnosis & dealing with critical periods
- Subtypes of these MH conditions and co-occurring brain addictive disorders
- The biology of the brain
- Emerging scientific discoveries
- Problem solving
- Medication review
- Understanding the inner experience of having a mental health condition
- Communications skills
- Self-care
- Rehabilitation
- Services Available
- Advocacy: fighting stigma

This course is made possible by the Eastern Iowa Mental Health & Disability Services Region.

Who should attend: family members and caregivers of an individual living with a mental health condition who is over the age of 18.

NAMI's Family-to-Family Education Program is an 8 week evidence-based program for families and caregivers of individuals dealing with Major Depression, Bi-Polar Disorder, Schizophrenia, Obsessive Compulsive Disorder, Panic Disorder, Post Traumatic Stress Disorder and Borderline Personality Disorder. The course is taught by trained family members who have chosen to become instructors after being empowered as a result of taking this course. Many family members describe this program as life changing. Join the thousands of families who have gained information, insight, understanding, and empowerment from attending this program. This course is provided **FREE** to participants.

**EICC—Muscatine Community College
Main Campus—Strahan Bldg. Classroom 8**

**8 Consecutive Tuesdays
September 30 — November 18, 2025
6:00 to 8:30 p.m.**

**Register Online through NAMI GMV:
<https://bit.ly/4lxEEGY>**



**Register Online through MCC:
<https://bit.ly/4lynVTO>**



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