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Funded In Part By: The Oakwood Healthcare Foundation  
Beaumont – Taylor •NAMI-Metro

# FAMILIES *in* ACTION

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

Through a series of ten, 2-hour weekly sessions, facilitated by family members trained by NAMI-Michigan, you will 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

**Our goals are to help family and friends with a loved one diagnosed with a mental illness:**

- Discover ways to help their family member be as healthy, happy, and independent as possible
- Experience for themselves how to become effective partners in their family member’s treatment plan
- Understand mental illness and how it affects the family
- Help the ill family member work toward recovery
- Learn how to cope with stress
- Experience a supportive environment

**Clinton Twp. • Macomb Intermediate School District**  
44001 Garfield • Clinton Township • 48038  
**Thursday’s • 7:00 - 9:00 PM**  
March 7 – May 9, 2019

**Southfield • Providence Hospital Medical Bldg.**  
22250 Providence Drive • Southfield • 48075  
**Wednesday’s • 7:00 - 9:00 PM**  
March 6 – May 8, 2019

**Either mail your application with a check made payable to NAMI Metro to:**  
Families In Action NAMI-Metro •c/o Mary Ellen Judd • P.O. Box 852 • Northville, MI 48167  
**or register online at <http://namimetro.org/resources/families-in-action/>**

A nominal fee of **\$20 per person** or **\$30 per couple** is required to finalize registration.

**Name(s):** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Please select a location:**

**Clinton Township**

**Southfield**