

## **Family members come learn about mental illness**

Family to Family a free 12 week course developed by the National Association for Mental Illness and designed to provide support for families of individuals with mental illness will be offered in Catawba County in January. The course taught by trained family members will be offered on Tuesday nights at Catawba Valley Medical Center.

The program provides factual information on a wide range of mental illnesses and helps family members develop the skills and abilities they need to cope more effectively with their family member.

The course offers the opportunity to learn the latest knowledge of mental illnesses including information on new medicines and treatment options. Members will learn how to advocate for their family member and how to navigate the system.

Class size is limited and registration is open now. Family to Family is sponsored by Catawba Valley Behavioral Healthcare. For more information or to register please contact Gail Henson at 695-5941 or via e-mail at [GailHenson@catawbacountync.gov](mailto:GailHenson@catawbacountync.gov).