

Surprisingly Treatable **MENTAL ILLNESS**

FREE Local Help for Families & Caregivers - NEW Class in Silverdale

**Free 12-week courses taught by trained family members
who have lived with this experience
and offer education and support for families and friends
of people with mental illness**

NEW Family to Family 12-week Class - SILVERDALE - starts January 7, 2012
For More information - joy.sprague@yahoo.com
Call Joy at 206-753-7000 or Jeanette at 360-697-5531

NEW Family to Family Support Group - SILVERDALE - Last Tuesday 7:00-8:30
2011 Myhre Road, Cavalon Place between Ridgetop and Bucklin Hill Roads
Contact Joy Sprague - joy.sprague@yahoo.com or 206-753-7000

NAMI Peer Group - POULSBO - 1st & 3rd Tuesdays 1:30 - 3:00 pm
Hostmark Activity Room, 6th Ave. & Hostmark
Free for people diagnosed with bio-chemical brain disorders
Call Ann Clark 360-697-2142

NAMI Peer Group - BAINBRIDGE ISLAND - 2nd & 4th Wednesdays 1:30 - 3:00 pm
Helpline House 282 Knechtel Way NE
Free for people diagnosed with bio-chemical brain disorders
Call Nancy Sias 206-842-7621

NAMI Family to Family Group - BAINBRIDGE ISLAND - 2nd Monday 7:00-8:30 pm
Eagle Harbor Congregational Church at Madison and Winslow Way
Free for family and friends of people diagnosed with bio-chemical brain disorders
Call Jane Cartmell 206-898-6092

NAMI Education Meeting - BREMERTON - 1st Thursday 7:00 - 8:30 pm
Haselwood Room, Kitsap Mental Health Services 5455 Almira Drive NE
Call Chris Ekdahl 360-415-5800

