

## Help for families coping with mental illness

Posted by [Cyn](#) On 08/05/2019

**LaPlata, MD** -- The National Alliance on Mental Illness is offering a free, 12-week course for family caregivers of individuals with mental illness.

The Family-to-Family Education Program is taught by trained family members who understand the issues facing participants. All classes and course material are free.

Participants will learn the latest medical information about issues like schizophrenia, depression, panic disorder, and other mental health issues.

They'll be given advice on how manage crises and also learn important self-care information about managing stress and dealing with the impact of mental illness on the entire family. Plus, there will be information on finding and using local support services.

The class will be held on Wednesday evenings at La Plata Town Hall at 305 Queen Anne Street. Class will be from 6:30 p.m. to 9 p.m. Sep 04 - Nov 20.

Classes are free, but registration is required.

To register, email Monique Owens at [monique.owens210@gmail.com](mailto:monique.owens210@gmail.com) or call or text 301-747-5518

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