

**NAMI Georgia Family-to-Family Education Program
Training Weekend Timetable**

Friday- September 11, 2009

- 9:30 – 10:20 am** **Arrival and Welcome**
- 10:20 – 11:45 am** **Nuts and Bolts of Teaching Family Education**
- 11:45 – 1:15 pm** **Lunch**
- 1:30 - 6:00 pm** **Afternoon Work Session**
- 1:30 – 2:30 pm** **Lecture: Understanding Trauma Learning**
(Break: 30 minutes, 2:30 – 3:00)
- 3:00 – 4:50 pm** **Class 1: Introduction to the Family to Family course.**
(Stretch: 10 minutes, 4:50 – 5:00)
- 5:00 – 5:15 pm** **Training notes and Points for Class 1**
- 5:15 – 6:00 pm** **Outreach in the community / Family Tribute video**
- 6:15 - 7:15 pm** **Dinner**
- 7:30 - 9:30 pm** **Preparation for Problem Solving/Telling our stories**

Saturday – September 12, 2009

- 7:00 - 7:45 am** **Breakfast (on your own)**
- 8:00 - 12:30pm** **Morning Work Session**
- 8:00 – 9:20 am** **Class 2: Schizophrenia, Major Depression, Bipolar Disorder; Critical periods approach**
(Stretch: 10 minutes, 9:20 – 9:30)
- 9:30 – 10:30 am** **Class 3: Types/subtypes of Mood Disorders, Diagnosis of Panic Disorder, OCD, Boderline Personality Disorder Dual Diagnosis**
(Stretch: 10 minutes, 10:30 – 10:40)
- 10:40 – 12:30 am** **Class 4: Basics about the brain; Brain research, Biology of recovery**
- 12:30 - 1:15 pm** **Lunch**

1:15 - 6:15 pm Afternoon Work Session

1:15 – 1:30 NAMI Science and Treatment video

1:30 – 3:15 Class 6: Medications; Stages of adherence to Medications (30 minute break, 3:15 - 3:45)

3:45 – 6:00 Class 5: Problem Solving Workshop

6:30 pm on Celebration and Dinner: Class 12 PARTY!

Sunday – September 13, 2009

7:00 - 7:45 am Breakfast (on your own)

8:00 - 12:00 Morning Work Session

Class 7: Inside Mental Illness; Empathy Workshop (10 minute stretch)

Class 8: Communications Skills Workshop (15 minute break)

Class 12: PARTY/Technical Tasks/Course Forms

12:00-12:45 pm Lunch/Planning Wrap-Up/NAMI Program Policies

1:00 - 2:30 pm Afternoon Work Session

Class 9: Relative groups exercise; self-care (5 minute stretch in place)

Class 10/11: Rehabilitation/Advocacy

2:30 - 3:00 pm EVALUATIONS, CLOSURES AND GOOD-BYES!