

**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!*