

## Need Help Coping With the Mental Illness of Your Loved-one?

Come attend the  
*Family Education and Support Program*



Presented by: Nancy S. Gordon, LCSW

*\*Over 30 years of providing treatment, education and support to individuals and families suffering from emotional/behavioral disorders.*

### **Seminar Information:**

#### **Friendly, small group setting**

Allows for a greater comfort level to increase the sharing and support

#### **Dates & Times:**

- The 20 hour program will kick off on a Saturday from 9-1
- This is followed by eight 2-hour groups every other week
- Attendance at each group is required.
- \* **Please contact TBCforCBT for next available group dates**

#### **Where:**

511 Wilbur St. Brandon, FL 33511

#### **Cost:**

- Rate for individuals: \$475 per person if paid in advance.
- \***Per session fee: \$60.00**
- Rate for couples: \$800 per couple if paid in advance.
- \***Per session fee: \$100**

#### **Refund policy:**

50% refund if not satisfied after first session  
No refund for missed sessions

### **Program Goals**

1. You will be educated on the research, biology and the most effective treatments of the most common mental illnesses that result in emotional and behavioral dysregulation
2. You will discover the difference between helping and enabling
3. You will be taught skills to help you cope and to improve your lives
4. You will get support from others going through similar experiences and be able to identify supports in the community to decrease the isolation and stigma
5. You will learn how to advocate for yourselves and your loved-one

The Big Hairy Audacious Goal....(BHAG)  
*You will learn how to more effectively help your loved-one by helping yourself.*

**Register now: Limited Seats Available (10)**

**For more information and registration, contact:**



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