



F.E.S.T.



Family Education, Support and Training

Education and support for families with loved ones suffering from schizophrenia, schizoaffective disorder, depression or bipolar disorder.

What is FEST?

FEST is an 11-week course designed to help families who have a loved one with a mental illness. Sessions are facilitated by family members, persons in recovery, psychiatrists and social workers in the community. The sessions include lecture, discussion and answers to your questions. Each family will receive a course manual.

Who?

FEST is designed for: Parents, Friends, Siblings, Relatives, Spouses, & Adult Children ...of someone with a mental illness. Maintaining your confidentiality is our priority.

When?

Next session: Saturdays from Feb. 2—April 19, 9:15-11:30am
(No meeting on March 22nd for Easter)

Program duration is 11 weeks for two hours each session.
Regular attendance is strongly recommended.

Where?

TBD—Location will be within the Ann Arbor/Ypsilanti area. Refreshments provided.

Cost?

FEST is offered free of charge.

Register Early!

Call Rita Hermann, MSW 734.663.5728

Please call early!

Space is limited!

Please visit our website for more information about FEST .

namiwc.org/fest.htm

FEST Sponsors:



Washtenaw Community
Health Organization
(a collaboration between Washtenaw County and
the University of Michigan Medical Center)



National Alliance
for the Mentally Ill

The Nation's Voice on Mental Illness