

# Family Coaching

Family Coaching is an opportunity to participate, on an individual basis or as a family, in advocacy planning for you and your relative with serious mental illness. The coaching process can help you discover and address your family's and your own needs.

- Learn successful tools and techniques for advocacy
- Define concerns, challenges, or stressors
- Define necessary steps for action
- Tap into supports and resources efficiently
- Develop a practical plan for future family stability

Private tutorials are available:

- in person
- by telephone
- by email

Advocacy Works

PO Box 11631

1131 Wing Point Way NE

Bainbridge Island, WA 98110

(206) 898-6092

(206) 780-3862 fax

email [jcartmell@advocacyworksorg](mailto:jcartmell@advocacyworksorg)



Jane Cartmell B.S.W. received her training in Social Work from Washington State University. She has presented to professional, family, and client conferences. She has served as President of NAMI (National Alliance for the Mentally Ill) and as a board member of NAMI-SD and NAMI-Kitsap Affiliates. As a Family to Family educator, Jane currently teaches a twelve-week session curriculum about mental illness on Bainbridge Island, Washington. She is author of the 128 page manual and abbreviated handbook version of the workshop "Successful Advocacy Techniques." She has presented these techniques at the American Psychiatric Association, the American Psychological Association, International Association of Psycho-Social Rehabilitation specialists, and the NAMI California state conferences. Approximately 500 family members and professionals have attended Advocacy Works presentations and workshops in Washington and California.

