

Join us for a workshop on
**“SUCCESSFUL ADVOCACY TECHNIQUES
FOR FAMILIES”**



ADVOCACY WORKS

*Successful Techniques for
Dealing with Serious Mental Illness*

**Workshop presented by:
Jane Cartmell B.S.W.
DIRECTOR OF ADVOCACY WORKS**

Jane received her training in Social Work from Washington State University. She has served as President of NAMI-North Coastal San Diego and as Chair of the San Diego County's Sibling and Adult Children's Group. Jane has presented at Consumer's Conferences, NAMI-California Conference and the National American Psychiatric Association Conference. She has presented this workshop in Washington and California. Jane teaches the NAMI Family to Family Education Program on Bainbridge Island, where she lives with her husband.

Family members are often the only advocates for their relatives with brain disorders. Few people are well equipped to access complex care systems or possess the knowledge to plan for their relatives' unique treatment needs. The information in this workshop provides a "tool box" of skills families can use in their own advocacy.

1. Common problems advocates face and how to overcome them.
2. What a Historical Chronology is, and how to make it work for you and your family.
3. How to set goals with your relative for recovery.
4. How to take care of yourself and begin healing your family relationships

Hosted by NAMI –

Join us:

When	Friday, October 5, 2007 10:00 am - 3:30 pm
Where	YWCA 3609 Main Street Vancouver, Washington
Who	Family members, Professionals, Caregivers
Cost	\$35.00
Dress	Comfortable clothes
Class size	Limited to 50 people

Register early!

Join us for a day of shared experiences and take home your personal copy of "Successful Advocacy Techniques".

For registration and information, please call Mary Kay at 360-695-2823

