



EAST BAY NAMI



Family Mental Health Recovery from Psychosis: 2-Day Intensive Workshop

Led by Will Hall and Krista MacKinnon

Are you in a relationship with someone who experiences visions, different realities, or hears voices? Would you like to find a better way to communicate with your loved one about their experiences?

As family members, how do we deal with our own fears and anxieties? How should we view our loved ones extreme states? How should we respond? What helps? What doesn't help?

In this two-day workshop, organized by Bay Area Hearing Voices Network and co-sponsored by NAMI East Bay, we invite you to join with other family members and explore compassionate approaches to being present with, understanding, and supporting our loved ones as they experience voices, special messages, and extreme states. Learn tools for coping with extreme experiences as well as gain a better understanding of their meaning and content.

Create hope by learning the power of story telling and social support. Look at the role of trauma and explore the recovery movement and the role of peer support and social engagement. Learn effective communication strategies for relationship building that help to overcome our helplessness and fear.

Friday and Saturday, June 5th and 6th

First Methodist Church, 980 Stannage St., Albany

10-5, with one hour for lunch

Fees: \$100 (some scholarships available)

Lunch on your own at several restaurants nearby.

Send checks to: NAMI East Bay, 980 Stannage St., Albany, CA. 94706

For more information contact: edherzog@comcast.net



Will Hall, MA, DipIPW is a therapist, trainer and schizophrenia diagnosis. His writing has appeared in the **Journal of Best Practices in Mental Health, Community Mental Health Care** and **Psychology Tomorrow** magazine.
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