



The Main Line affiliate of the  
National Alliance on Mental Illness  
*presents*

# ***Virtual Interactive Workshop: How Illness Changes Families – And How Family Members Can Support Each Other***

**Sunday, October 4, 2-4 p.m.**

**Register for Zoom Meeting**

**<https://tinyurl.com/HowIllnessChangesFamilies>**

When a family member has a mental illness, everyone in the family experiences stress. Family roles may be altered, and the arc of personal and family development may be paused or derailed. Yet it is possible for families to meet the challenges with resilience. Family members can support each other by creative problem-solving and by using clear, open communication of emotions, needs, and beliefs about illness and caregiving. This workshop will focus on techniques of family resilience. Attendees will be given opportunities to explore their family history, their beliefs, and approaches that can help them feel strength and hope. The workshop will be facilitated by Ellen Berman, MD, family psychiatrist and Clinical Professor of Psychiatry at the University of Pennsylvania. We will open the Zoom meeting at 1:30 p.m. to admit participants so that we may begin the meeting promptly at 2 p.m.

For more information, please contact us at [info@NAMIMainLinePA.org](mailto:info@NAMIMainLinePA.org) or 267-251-6240.  
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