



Family to Family Education Class To Start in January !

One of NAMI's most important missions is to provide education for family members who are struggling with the heartbreaking and frustrating topics that face them as they try to deal with all the ramifications of mental illness of a loved one. Our Family to Family Education Course provides this information and support, and has changed lives in the process.

This FREE 12 week course offers valuable information on brain research and diagnoses which will help you understand these devastating disorders. You will learn about medications, coping and communication skills, and problem solving techniques.

The course is taught by family members who understand your feelings and have undergone extensive training to enable them to lead this effective program.

West Valley Classes, taught by Patricia Bonivel and Connie Bellinger, will begin on Monday, January 14 and end on March 31, 2008 from 7PM thru 9PM. (12 classes in all) They will be located in Goodyear. Save the dates on your calendar now, and call Patricia at 623-935-0178 to register.

Joel & Ila Finkel will be teaching in the Sun Cities area in February. Call 623-546-4011 after Nov. 15th for the dates and location.

PLEASE SAY THANKS !

by Robin Colangelo

Please be sure to stop by these local Wal-Mart's/Sam's Clubs to say thank you for supporting our 2007 Walk. Each of the



stores listed below donated \$1,000. If we support the stores that support us they will continue to help us in future events. The services NAMI provides would not be possible without their support. THANK YOU!!

Wal-Mart #3314 -7450 West Glendale Ave Glendale, AZ

Wal-Mart #3316 - 8921 West Thomas Ave Phoenix, AZ

Wal-Mart #5189 - 5250 West Indian School Rd Phoenix, A

Wal-Mart #2777 -13770 West Bell Rd Surprise, AZ

Wal-Mart #1532 - 5845 West Bell Rd Glendale, AZ

Sam's Club- 83rd Ave and Union Hills
Sam's Club- 1459 North Dysart Rd Avondale, AZ



PLAN of Arizona Website

Planned Lifetime Assistance Network of Arizona, Inc. was incorporated in 1994 as 501(c)(3) non-profit corporation. Its purpose is to provide continuing care and support for persons with a disability when families are no longer available to do so.

To learn more about this important service organization, go to their NEW website,

<http://www.planofarizona.org>