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FLORENCE, WE HAVE LIFT OFF



PHOTOS BY CHANTELE MEYER/SIUSLAW NEWS

Construction crews at PeaceHealth Peace Harbor Medical Center continue to work on the emergency department expansion project that was started in June. On Thursday, Oct. 15, this 175-foot boom lift crane lifted air handlers, part of the HVAC system, off the back of a delivery truck. Additional crew members waited on the medical center's roof to lower the equipment into place. The crew formed a safety perimeter and directed traffic away from the construction. According to Peace Harbor spokesperson Pat Kirby, the emergency department project is on schedule and budget. Crews plan to finish exterior work by mid-November and the entire project should reach completion in September 2016.

National Alliance on Mental Illness education course begins Tuesday

The National Alliance on Mental Illness (NAMI) will sponsor the NAMI Family-to-Family Education Program specifically for families of a person diagnosed with serious mental illness.

The 12-week series of classes will start in Florence on Tuesday, Oct. 27, from 6:30 to 8:30 p.m., at a convenient in-town location.

The course will cover information about schizophrenia, the mood disorders (bipolar disorder and major depression), panic disorder, obsessive compulsive disorder, and PTSD; coping skills such as handling crisis and relapse; basic information about medications; listening and communication techniques; problem solving skills; recovery and rehabilitation; self-care around worry and stress.

The curriculum has been written by an experienced family member mental health professional and the course will be taught by NAMI Lane County family member volunteers who have taken intensive training as course instructors.

The co-teachers for Florence and surrounding areas are Monica Kosman and Bianca Deris.

"We hope families with

loved ones who have a serious mental illness will take advantage of this unique opportunity," said Kosman. "For many, it is the first time they have been able to talk freely about the illness with others having the same experience."

There is no need to travel a long distance to take the class that over 300,000 people taken.

The course is designed specifically for parents, siblings, spouses, teen-age and adult sons and daughters, partners, and significant others who are caregivers of persons with severe and persistent mental illness.

The NAMI Family-to-Family Education Course is free.

For more information and location, or to register, call Monica Kosman at 541-902-8308.

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Trudie, Denyse, Shelby and Lalitha

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