



nami

National Alliance on Mental Illness

Family-to-Family

NAMI | Family-to-Family is a free, 8 week educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. Classes are taught by NAMI trained family members. The course and materials provided are FREE.

COURSE TOPICS INCLUDE

- Current research related to the biology of mental health conditions, including genetics, inherited risk, and environmental factors
- Preparing for and responding to crises
- Advocacy
- Information about Depressive Disorder, Bipolar Disorder, Psychotic Episodes, Schizophrenia, Schizoaffective Disorder, PTSD, Anxiety Disorder, OCD, Borderline Personality Disorder, and Co-occurring Mental Health Conditions and Substance Use Disorders
- Treatment options, including medication overview
- Communication skills and problem solving skills
- Empathy and recovery
- Self-care



You are
NOT
alone!

Many family members describe the impact of this program as “life-changing.”

Join thousands of families just like yours who have gained information, insight, understanding, and empowerment.

WHEN:

**SEP
28
2020**

TIME: 6:00 PM – 8:30 PM

PLACE: ONLINE via ZOOM

FOR MORE INFORMATION OR TO REGISTER:

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WEB: namishelby.com | namishelby@gmail.com

**REGISTRATION
IS REQUIRED!**