



 **NAMI Family-to-Family**
National Alliance on Mental Illness

Family-to-Family is an 8-class course for families and friends of adults with mental illness. Family members describe the impact of this program as life changing: “The course gave me hope that it will be okay, that I am not alone, and it reduced a lot of shame, guilt, and hopelessness.”

Offered at no cost to participants.

Course Topics:

- How to solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Supporting your loved one with compassion
- Finding and using local support and services
- Up-to-date information on mental health conditions and how they affect the brain
- How to handle a crisis
- Current treatments and therapies
- The impact of mental health conditions on the entire family

For more information or to register contact the Program Coordinator

520-622-5582
namisa@namisa.org