About the NAMI Family-to-Family Education Program

NAMI Family-to-Family is an educational course for family, caregivers and friends of adults living with mental illness.

What you should expect:
- Classes meet for twelve sessions, 2.5 hours each, free of cost.
- Classes are designed for loved ones (over age 18) of individuals with mental illness.
- Classes are taught by trained family members of individuals living with mental illness.
- You will be provided with critical information and strategies related to caregiving.
- Classes incorporate presentations, discussions and interactive exercises.
- Designated an Evidence Based Practice in 2013 by SAMHSA.

Why you should attend, you will receive:
- Up-to-date information on a range of mental illnesses, including co-occurring illnesses and substance use disorders.
- Impact of mental illness on the brain.
- Current research on treatments including medication, side-effects and evidence-based therapies.

Training in preparedness and emotional resiliency:
- Skills related to managing crises, solving problems and communicating effectively.
- Strategies for self-care including management of stress and emotional overload.
- Guidance on locating appropriate local supports and services.

To register go to www.namistl.org/family-to-family or call us at 314-962-4670.