

*"I have a lot more compassion, patience & gratitude for my loved one. I am not blaming myself anymore for her mental illness."*

*"I am more aware of mental illness and how I can help my family members."*

*"I really appreciate the teaching team sharing their knowledge, experience and hope with us. It was an excellent class and I highly recommend it."*

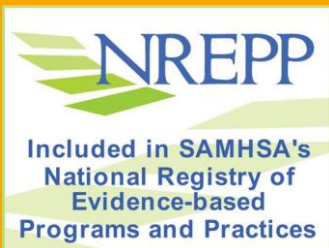
-NAMI Family-to-Family Participants



National Alliance on Mental Illness

# NAMI Family-to-Family

A FREE Peer Education Program



## What should I know?

- For adult family members and friends of people who live with mental illness.
- Taught by trained family members of people who live with mental illness.
- Includes presentations, interactive activities and group discussions.
- Meets for twelve weekly sessions.

## Why should I attend?

- Gain practical, up-to-date information about mental health conditions.
- Understand the latest treatment options including medications.
- Learn valuable communication and coping skills.
- Understand the lived experience of mental health conditions.
- Learn how to advocate for your family member in the mental health system.
- Find community support in a confidential setting.

## About NAMI

**NAMI**, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI St. Tammany and its dedicated volunteers work tirelessly to provide essential education, advocacy, support and resources for people living with mental illness in our community and for their families.

## Begins Tuesday, February 20, 2018

**Registration is required and space is limited.**

To register for this program or for more information on mental health resources and support, please contact



National Alliance on Mental Illness

# NAMI St. Tammany

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