



NAMI Family-to-Family

National Alliance on Mental Illness

NREPP SAMHSA's National Registry of
Evidence-based Programs and Practices

An educational course for family, caregivers, and friends of individuals living with mental illness.

How does NAMI Family-to-Family work?

NAMI Family-to-Family is a **free** 12-week course taught by trained family members who have personal experience caring for an adult loved one with mental illness. **This course teaches the knowledge and skills family members and loved ones need to cope more effectively.** Many describe the impact of this program as life changing.



Why you should attend

- Gain comfort in knowing you are not alone.
- Receive up-to-date information about a range of mental illnesses, including co-occurring illnesses such as substance abuse.
- Learn about the impact of mental illness on the brain.
- Learn current research on treatments, medication, side-effects, and evidence-based therapies.
- Receive training in preparedness and emotional resiliency.
- Learn skills for managing crises, stress and emotional overload.
- Learn strategies for self-care.
- Receive guidance on locating local supports and services.

DATES: Saturdays, February 10 – April 28
TIMES: **10:00 am to 12:30 pm**
PLACE: Port Townsend – address will be given to registrants.

Pre-Registration Required. Call 360-385-1716