

NAMI Family-to-Family

Family-to-Family is a **free**, 8-session educational program for family, significant others, and friends of people living with mental illness. 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.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and it includes presentations, discussion, and interactive exercises.

What You'll Gain From The Class

NAMI Family-to-Family not only provides critical information and strategies for taking care of the person you love, but you'll also find out that **you're not alone**. Recovery is a journey, and there is hope.

You are not alone

The group setting of NAMI Family-to-Family provides mutual support and shared positive impact. As a result, you can experience compassion and reinforcement from people who understand your situation. You can also help others through your own experience. In the program, you will learn about:

- How to manage crises, solve problems, and communicate effectively
- Identifying self-care strategies that work for you
- Developing the confidence and stamina to provide support with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- Current treatments, including evidence-based therapies, medications and side effects
- The impact of mental illness on the entire family

Zoom Class: 8 Thursdays: February 11 – April 1, 2021

6:00 p.m. – 8:30 p.m.

Registration is required – No cost

To Register, email or call Sunny Bradford, namisunny2020@gmail.com

Ph. 707-439-5519

Sponsored by **NAMISolano County** along with a grant from MHSA
(Mental Health Services Act) and Solano County

