

NAMI Family-to-Family is a free, 8-session education program for family, friends and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery.

The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition.

You are not alone

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.



**Contact us to register for a
NAMI Solano County Family-to-Family class!**



Zoom Class: 8 Wednesdays: April 7 –May 26, 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 MHSAs (Mental Health Services Act) and Solano County

