

**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](mailto:namisunny2020@gmail.com)**

Ph. 707-439-5519



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