

NAMI - Family to Family

NAMI Family to Family is a free, 8-session education program for family, friends and significant others of young adults / adults with mental health conditions.

The sessions provide 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:

- Expand an understanding of mental illness, the behaviors and why
- Develop true empathy
- Increase advocacy skills (how the laws can help and hurt our loved ones,
- Help the family, friends and significant others maintain their own well-being.

Class discussions will include:

- Up-to-date information on mental health conditions
- Strategies for taking care of a loved one
- How to handle a crisis
- Coping skills
- Listening and communication techniques
- Problem solving
- Limit setting
- Self-care
- Local and national resources

Facilitators

Family to Family is taught by trained family members who have a loved one with a mental health condition.

Cost: \$0

Childcare: Free childcare is available, but pre-registration is required

Class Limit: 20

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 Harford County is an affiliate of NAMI Maryland. NAMI Harford County and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community with mental health conditions and their loved ones. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit nami.org/research