

## What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a free, 8-session education program specifically for family members, partners, and friends of adults (18+) who live with mental illness. The course is designed to facilitate a better understanding of mental illness, increase coping and empower participants to become advocates for their family members. This program was designated as an evidence-based program by SAMHSA. The course is also available in Spanish, De Familia a Familia de NAMI.

## What You'll Gain

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. In this program you'll learn about:

- How to manage crises, solve problems, and communicate effectively
- Taking care of yourself and managing your stress
- Developing the confidence and stamina to provide support with compassion
- 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



## Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

Classes will start Thursday October 14<sup>th</sup> 6:30pm – 9:00pm at Riverside Community Church, 1100 Bulverde Rd. Bulverde, Texas 78163. To register please contact NAMI San Antonio.



## 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 San Antonio is an affiliate of NAMI Texas. NAMI San Antonio and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

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