

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

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

F2F Classes in MILFORD!!!

NAMI Elm City (National Alliance on Mental Illness) will offer its NAMI Family-to-Family Education Program for the Winter/Spring season, beginning on **January 31st 2018**. It will be held on **Wednesdays** from 6:00 to 8:30 PM at **Saint Mary Church**



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."

Contact us to register for this NAMI Family-to-Family class!



NAMI Connecticut
National Alliance on Mental Illness

F2F - MILFORD

Start Date: Wednesday, January 31st 2018

Time: 6:00 to 8:30 p.m.

Location: Saint Mary Church - Rectory Basement
70 Gulf Street, Milford, CT 06460

Contact & Registration:

John at 203-610-2828 or

Marie at 203-676-8049

About NAMI Connecticut

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 Connecticut is a statewide, grassroots, member organization which, along with its local affiliates share a common three-fold mission:

- **Support** to families and individuals with mental health challenges who face the ongoing difficulties of mental illnesses;
- **Education** for families, people with mental illnesses and the public about brain disorders and the impact of diseases on the lives of individuals and families;
- **Advocacy** for improved treatment and services for all individuals with mental illnesses, as well as increased research that will lead to more effective treatment.