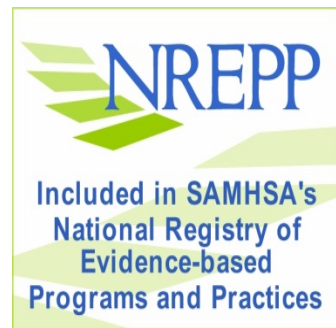




NAMI Family-to-Family

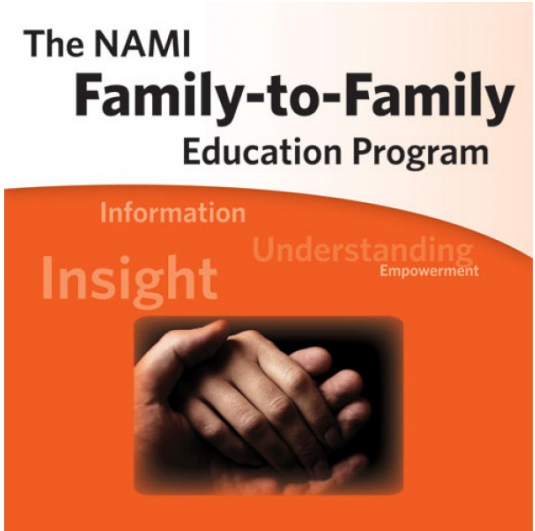
Winter/Spring 2019



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 people living with mental illness. The course is designed to help all family members understand and support their loved one, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. The program is taught by trained family members who know what it is like to have a loved one living with mental illness. Thousands of families describe Family-to-Family as life-changing.

NAMI Finger Lakes, the local affiliate of the National Alliance on Mental Illness, will offer its 2019 Winter/Spring NAMI Family-to-Family Education Program from
January 26th to April 13th
Saturday from 10:30am to 1pm
at the Clinton Hall, Suite 2-located at 108 Cayuga St , Ithaca NY



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.”

Call 607-835-6721 to register for this NAMI Family-to-Family class!

NAMI Finger Lakes
607-273-2462
namifl@hotmail.com
http://namifingerlakes.org
facebook.com/NAMIFingerLakes

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 Finger Lakes is an all-volunteer organization of dedicated people who work to raise awareness and to provide essential education, advocacy and support programs for people in our community who’s loved one is living with mental illness.