

NAMI Family-to-Family is NAMI's flagship education program for family members of people diagnosed with mental health conditions. This **free, 8-week program** is facilitated by trained volunteers who are family members, caring for their loved ones themselves.

The course provides family caretakers with education about mental health conditions, skills workshops, and information about available resources. The **NAMI Family-to-Family** curriculum includes:

- ❖ Information about mental health conditions and treatments
- ❖ Coping skills, handling crisis and relapse, local and national resources
 - ❖ Listening and communication techniques
 - ❖ Problem solving, limit setting, self-care

Most importantly, the course offers family members the invaluable opportunity of open conversation and mutual support in a stigma-free environment. Course participants, now more than 400,000 people nationwide, find that the **Family-to-Family** experience empowers them to understand and pursue paths toward healthy recovery for their loved ones, their families, and themselves.

What people are saying about NAMI Family-to-Family...

“Excellent! Professional, empathetic, inclusive, caring, encouraging, supportive, inspirational...”

Family-to-Family participants tell us about how, “after taking Family to Family, they have been able to speak more openly with others about their own feelings, seek out and accept support from mental health resources, have more informed conversations with clinicians, and most rewarding of all – pass along hope for treatment and recovery to their family members. Family-to-Family is a gift that keeps on giving.”

Affiliate: NAMI Greater North Shore

Dates: Wednesdays (for 8 weeks) starting March 3rd

Time: 6pm to 8:30pm Virtual ZOOM class

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