



NAMI Family-to-Family

National Alliance on Mental Illness

Find help. Find hope.



NAMI Family-to-Family is a **no cost**, 12 session educational course coordinated by NAMI Monterey County. The NAMI Family-to-Family course is for **family, caregivers, friends, and significant others** of adults living with mental health challenges. This course helps family members learn more about their loved one's mental illness and ways to support them.

NAMI Family-to-Family, educational course Next class starts March 2018, register today!

FREE!

The class will start March 6, 2018
6:00 pm -8:30 pm
12 weeks, every Tuesday

[In Pacific Grove](#)

Pre-registration required, space is limited

Call (831)422-6264 or (831)402-4939

Email: info@namimonterey.org Visit: www.namimonterey.org

The NAMI Family-to-Family Educational Course will cover:

- Information on schizophrenia, bipolar, major depression, and signs & symptoms.
- Basics about the brain and medication.
- Skills related to managing crises, solving problems and communicating effectively.
- Strategies for self-care.
- Guidance on locating appropriate local supports and services.....and more!

"Knowing that there are other people living in similar situations is something that makes me feel supported." -NAMI Familia-a-Familia class participant