



**NAMI Family-to-Family is a FREE mental health education program for families, significant others & friends of persons living with mental health conditions, such as depression, bipolar disorder, anxiety, schizophrenia or other mental illness.**

Come meet with others of us who have “been there” too. Together we will learn about ways to effectively support our loved one’s mental health recovery.

NAMI’s evidence-based FAMILY-TO-FAMILY 8-session course balances skills-training with self-care, emotional support and empowerment.

**TOPICS COVERED:**

- *In-depth overview of the most common mental health conditions*
- *Coping skills, managing stress, handling crisis*
- *Listening & communication; problem solving; providing support to your loved one with compassion*
- *Understanding the actual experience of those living with a mental health condition*
- *Strategies for taking care of yourself while supporting your loved one’s recovery*
- *Basic info about treatments and resources*
- *Community resources, advocacy, and MORE!!!*

**WHEN:**

**Tues Eves 5:30–7:30pm**

**Beginning:**

**Tues July 8, 2025**

**Class Dates:**

**7/8, 7/15, 7/22, 7/29**

**8/5, 8/12, 8/19, 8/26**

**WHERE:**

**NAMI Resource Center**

**4032 La Linda Way**

**Sierra Vista**

*We regret we are unable to offer this round of classes via Zoom, but expect the next round will have virtual option for those in outlying areas.*

**Check out a 2 min YouTube intro:**

<https://www.youtube.com/watch?v=ae1ru1SBaal>

**Register by July 5<sup>th</sup>**

Space is limited.

For more info call or email:

**520-459-3228 or**

**info@namiseaz.org**