

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

NAMI Family-to-Family is a 12-session education program for family members, friends and significant others of individuals living with mental health conditions. We will cover 2 sessions each Saturday. The course is designed to help all participants understand and support their loved ones, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression, PTSD, 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 a mental health condition. The class is offered at no cost to participants.

NAMI Augusta in collaboration with the Charlie Norwood VA Medical Center will offer Family-to-Family on six consecutive Saturdays, 9:00am -2:30 pm beginning Jan. 26, 2019, at Reid Memorial Presbyterian Church, 2261 Walton Way. The VA will be providing lunch.



## 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.”

**REGISTRATION REQUIRED: Contact Dilia or Faye to register for the class!**

**VA**



U.S. Department  
of Veterans Affairs



**NAMI**  
National Alliance on Mental Illness

To register by phone leave message with name and phone number, or send an email with information. We will reach back with confirmation and room #.

Dilia Castro (706) 955-3856

[Dilia.Castro@va.gov](mailto:Dilia.Castro@va.gov)

Or

Faye Taylor (770) 851-7204

[faye.m.taylor@gmail.com](mailto:faye.m.taylor@gmail.com)

## About NAMI

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental health conditions. NAMI Augusta is an affiliate of NAMI Georgia. NAMI Augusta and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental health conditions and their loved ones.