



NAMI Family-to-Family

National Alliance on Mental Illness

WHAT IS THE NAMI FAMILY-TO-FAMILY EDUCATION PROGRAM?

NAMI Family-to-Family is a free, 8 - session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises.



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.” “NAMI Basics bridges the gap. It provides help that can’t be found in a doctor’s office.”



Augusta

Contact us to register for this NAMI Family-to-Family class!

For more information or to register, please contact:

Every Tuesday beginning Aug. 27th-Oct 15th

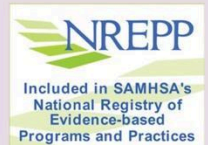
from 6-8:30pm

In Person, Reid Memorial Presbyterian Church

2261 Walton Way, Augusta, Ga 30904

Contact to Register:

jjpaul1994@yahoo.com



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 Georgia is an affiliate of the National Alliance of Mental Illness. NAMI Georgia and dedicated volunteers and leaders work to raise awareness and provide education, advocacy, and support for people in our community living with mental health conditions and their loved ones.