

**NAMI Family-to-Family** is a free, 8-session education program for adult family, friends and significant others of adults living with a mental health condition. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery.

**The course is designed to** increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit [nami.org/research](http://nami.org/research).

NAMI offers the NAMI Family-to-Family Education Program free of charge to participants. The **next in-person class will be held Tuesday, March 12 through Tuesday, April 30, 2024 at 6-8:30pm**. For more information and how to register, please contact **NAMI Alameda County** at **510-560-6407, EXT 6** or **send an email of interest to [Bettye.f@namialamedacounty.org](mailto:Bettye.f@namialamedacounty.org)**



### 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."*

**Contact us to register for a NAMI Family-to-Family class!**



**NAMI Alameda County**  
**954-60<sup>th</sup> Street, Ste 10**  
**510-560-6407**

[www.namialamedacounty.org](http://www.namialamedacounty.org)

### 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 Alameda County** is an affiliate of **NAMI California**. **NAMI Alameda County** and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community with mental health conditions and their loved ones.