

Family-to-Family Education Program

- **Free** 8-session education program for persons 18 years of age and older who have family members or significant others living with mental illness.
- Designed to **help** all family members understand and support their loved one living with mental illness, while maintaining their own well-being.
- **Information** on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions.
- Program is taught by **trained** teachers who are also family members.

Begins **Tuesday, March 3, 2020** through **April 21, 2020**.

Family-to-Family class will be held on **Tuesday evenings** from **6:30-9:00 PM**.

Location will be provided after registration.

Participant Perspectives



“This course overall was the single most helpful and informative thing ever offered in all my years searching for answers.”

“The course has helped me to realize that my son is still inside the body that is often hidden by the mental illness and that I am not alone in this .”

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

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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 Berks County is an affiliate of NAMI Keystone . NAMI Berks County 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 illness and their loved ones.