



NAMI Hope For Recovery

National Alliance on Mental Illness

New York City Metro

What is Hope For Recovery?

Hope For Recovery is a free 8-hour class for families *and* adults living with mental illness. The goal is to create a place for everyone to share valuable information and experiences, while also developing mutual understanding.

All NAMI-NYC classes are FREE, but you MUST register first to attend. Contact our Helpline at 212-684-3264 or helpline@naminyc.org to register for upcoming classes!



In the class we talk about:

- ◆ Understanding mental illness
- ◆ What to do in a crisis
- ◆ The meaning of “Recovery”
- ◆ Problem solving
- ◆ Better communications

Fall 2018 Classes

September 22 – Harlem

October 27 – Bronx

November 17 – Queens

Saturdays 9am to 5pm

Who is NAMI-NYC?

We help individuals and families affected by mental illness build better lives through education, support, and advocacy. NAMI-NYC was founded by a small group of parents who came together for support, for guidance, and for resources. Sharing lived experiences remains the guiding principle of our organization, and the core pillar of our programs. **Learn more at www.naminyc.org.**

