

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

NAMI Family-to-Family is a free, 12-session class for family and friends of adults living with mental illness. The course helps family members understand and support their loved one, while maintaining their own well-being. The program includes information on illnesses such as schizophrenia, bipolar disorder, major depression, and other mental health conditions. Thousands of families describe the program as life changing. All of our teachers are also family members and *know* what it's like to have a loved one with mental illness.

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



## What do people say about the class?

“This course was without a doubt the single most 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 helped me 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.”

## Fall 2018 Classes

### **NAMI-NYC office**

8<sup>th</sup> Ave. at W. 35<sup>th</sup> St. (Manhattan)

**Mondays – Sep. 24 - Dec. 10 – 12 to 2:30pm**

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**Mondays – Sep. 17 - Dec. 10 – 6 to 8:30pm**

### **NEW YORK PRESBYTERIAN – WEILL CORNELL**

E. 68<sup>th</sup> St. at York Ave. (Manhattan)

**Tuesdays – Sep. 4 - Nov. 13 – 6:30 to 9pm**

### **JAMES J. PETERS BRONX VA MEDICAL CENTER**

W. Kingsbridge Rd. at Webb Ave. (Bronx)

**Wednesdays – Oct. 17 - Jan. 16, 2019 – 6 to 8:30pm**



**National Alliance on Mental Illness**

**New York City Metro**

## 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](http://www.naminyc.org).**

