

# FAMILY-TO-FAMILY COURSE



**Begins March 30th and will run weekly on Thursdays for eight weeks**



**6:00 pm - 8:30 pm**



**27 S Edgelawn Dr,  
Aurora, IL 60506**

Do you have a loved one living with a mental illness?

Do you wish you understood more about mental illnesses so you could better help your loved one and learn how to cope with having mental illness in your family?

If so, then the NAMI Family-to-Family class is for you. This 8-week program, designed for and taught by family members of those with mental illness, provides education on:

- What causes mental illness
- What do these illnesses look like
- Treatments for mental illness
- Communication and problem-solving skills
- Self-care techniques
- And, more

For questions and resources contact NAMI KDK Executive Director Sara Gray at [saragray@namikdk.org](mailto:saragray@namikdk.org) or visit [NAMIKDK.org](http://NAMIKDK.org)