

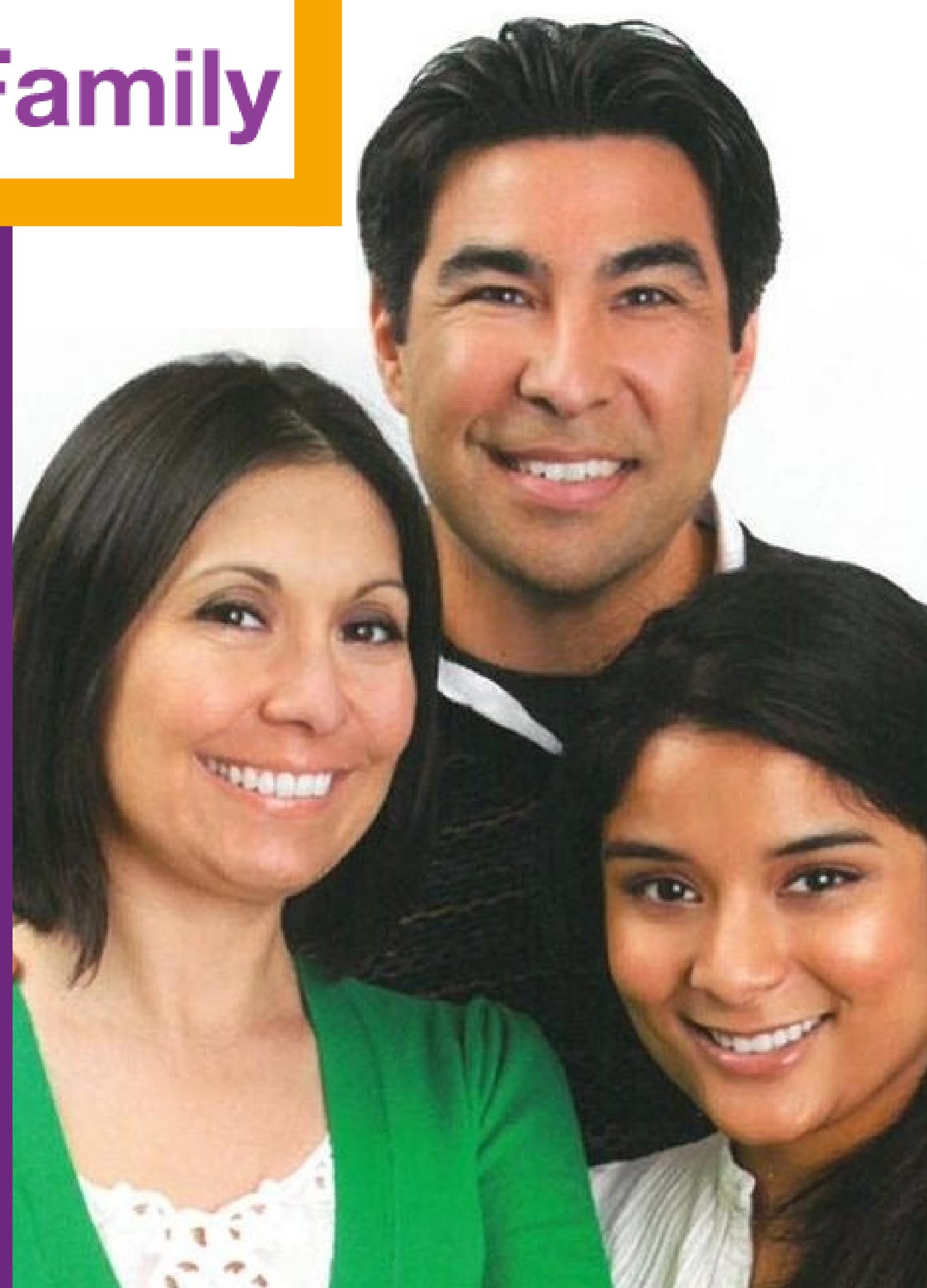


NAMI Family-to-Family

Free, 8-session education program for family, friends and significant others of adults with mental health symptoms or conditions.

Topics:
Mental Health Conditions, Treatment, Stress Management, Communication, Problem Solving, Local Supports and Services, Crisis Management, and Self-Care

Taught by trained family members who have loved ones with mental health symptoms or conditions.



**8 Consecutive Mondays From
January 10, 2022 to February 28, 2022
6:00 PM - 8:30 PM**

**Deadline to Sign Up is December 14, 2021
Register at <https://forms.gle/mCaevaWc1mX1LfSf8>**

Process includes Sign-up, One-on-One, Emergency Contact Info, and Participant Pick-up of Binder Materials (Details on Form)

**For questions or more information, email
info@namisouthernnevada.org or call (702) 890-9729.**



NAMI Southern Nevada

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