



NAMI Family-to-Family is a free, 8-session education program for family, friends and significant others of adults with mental health conditions.

NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery.

The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition.

- We offer the NAMI Family-to-Family Education Program free of charge.
 - **January 5 - February 23**
 - **Wednesdays**
 - **Powell United Methodist Church**
 - **6:00 - 8:30pm**

REGISTER AT NOTALONEOHIO.ORG TODAY!

NAMI Delaware and Morrow Counties receives funding and is a provider for the Delaware-Morrow Mental Health and Recovery Services Board.

