NAMI Family-to-Family

National Alliance on Mental Illness

The *FREE* 8-session education course for family, significant others, and friends of people with mental health conditions.

NAMI Family to Family is an evidence-based program and is taught by NAMI-trained family members with lived experience of caring for a loved one with a mental condition. The group setting of NAMI Family to Family provides mutual support and shared positive impact. In the program, you'll learn about:

- How to solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Supporting your loved one with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- How to handle a crisis
- Current treatments and therapies
- The impact of mental health conditions on the entire family

SUMMER VIRTUAL SESSION

This course will be offered in-person on 8 consecutive Wednesdays on the following dates:

Wednesday July 3, 2024 to Wednesday, August 21, 2024

10:00am to 12:30pm

Via ZOOM

Facilitated by: Kristen Zientek and Afaf Doumani

To Register, please RSVP to Kristen Zientek:

kzientek@namitoledo.org or 419-243-1119 Ext.102

to receive ZOOM information.

NAMI National Alliance on Mental Illness Greater Toledo

Mental Health & Recovery Services Board of Lucas County