

Hemet/San Jacinto Valley News & Events



Hemet/San Jacinto Valley Area
NAMI Family to Family Education Course
Thursday June 21st 2017

Spanish Familia a Familia Classes
Saturday July 8th 2017 Perris CA
July 17th 2017 San Jacinto CA

NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises.

What You'll Gain

NAMI Family-to-Family not only provides critical information and strategies for taking care of the person you love, but you'll also find out that you're not alone. Recovery is a journey, and there is hope.

The group setting of NAMI Family-to-Family provides mutual support and shared positive impact—you can experience compassion and reinforcement from people who understand your situation. You can also help others through your own experience. In the program, you'll learn about:

- How to manage crises, solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Developing the confidence and stamina to provide support with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- Current treatments, including evidence-based therapies, medications and side effects
- The impact of mental illness on the entire family

Family to Family Classes are free. Preregistration is required. Information and registration contact:
NAMI Mt San Jacinto Office at 951-765-1850 or namihemet@gmail.com

NAMIWalks Inland Empire 2017

Diamond Valley Lake-Hemet

Save the Date: Sat. 10-28-2017!!

FOR MORE INFO [NAMIWALKS INLAND EMPIRE](#)

