NAMI Family-to-Family

National Alliance on Mental Illness

FIND OUT MORE:

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. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit nami.org/research.

NAMI Urban Los Angeles, the local organization of the National Alliance on Mental Illness will offer the weekly NAMI Family-to-Family Education Program free of charge to participants starting **Tuesday, October 27th, 2026** from **6pm-8:30pm PST** via Zoom.

You can register on our website at ***namiurbanla.org/nami-family-to-family-class.***

Contact us to register today!



Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers…it has helped me to understand better and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

NAMI Urban Los Angeles

National Alliance on Mental Illness

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About NAMI

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. NAMI Urban Los Angeles is an affiliate of NAMI California. NAMI Urban Los Angeles and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community with mental health conditions and their loved ones.