

What is NAMI's Family to Family educational program about?

Family to Family is a 12-session free program for families, couples, friends, and loved ones of adults living with mental illness. The course is designed to help the whole family understand and support loved ones living with a mental disorder, without neglecting the well-being of the family circle. The course includes information on mental disorders such as schizophrenia, bipolar disorder, and severe depression among others. Thousands of families describe the program as a life-changing experience. The program is led by trained instructors who are also family members of adults living with mental illness and know first-hand what it means to have a loved one in these circumstances.

NAMI NJ, a affiliate organization of the National Alliance on Mental Illness, will offer the "Family to Family 12 classes" educational program, beginning on Wednesday, January 5th through Wednesday, March 16th, 2022. The course will be held every Wednesday from 7:00 pm to 9:00 pm ET via zoom.



Participant Perspectives

"Without a doubt, this course has been the most useful and informative tool that has been offered in all the years that I have searched for answers ... It has helped me to communicate more effectively with my brother and to understand him better."

"This course has helped me to realize that my son is still inside his body that, many times, is hidden due to the mental illness he lives with and that I am not alone in this."

Contact us to register for the NAMI NJ en Español Family to Family 12 classes

Contact to:

Nelhy Barreiro - NAMI NJ en Español
-ProgramCoordinator, 732-940-0991 x 113,
or email: enespanol@naminj.org,
or toll free 888-803-3413.

About NAMI NJ

NAMI, the National Alliance on Mental Illness, is the leading community-based mental health organization dedicated to improving the lives of individuals and families affected by mental disorders. **NAMI NJ** is an affiliate organization of NAMI New Jersey. **NAMI** and its volunteers, members, and dedicated leaders work tirelessly to raise awareness and provide education, advocacy, and group support programs for those living with mental disorders and their loved ones.