NAMI Family-to-Family
National Alliance on Mental Illness

NAMI NJ en Español

NAMI National Alliance on Mental Illness New Jersey

What is the NAMI Family to Family educational program about?

Family to Family is a free 8-session program for family members, partners, 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 a mental health diagnosis and know firsthand what it means to have a loved one in these circumstances.

NAMI NJ, is an affiliate organization of the National Alliance on Mental Illness, and will offer the educational program "Family to Family", beginning in Spring on Wednesday, March 6th, through April 24th, 2024. from 7:00 p.m. to 9:00 p.m. ET via zoom. Classes and materials are free. Registration is required. Link for registration: https://forms.gle/mw9EJCHh3g2PJcgU6



Participant Perspective

"This course has helped me realize that my son is still inside his body, which is often 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 Family to Family class

Contact to Nelhy Barreiro -
Program coordinator of NAMI NJ en Español,
732-940-0991 x 113,
or email: enespanol@naminj.org

About NAMI

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 en Español is an affiliate organization of NAMI New Jersey. NAMI New Jersey and its dedicated volunteers, members, and leaders work tirelessly to raise awareness and provide education, advocacy, and support group programs for those living with mental disorders and their loved ones.