



A FREE Course for Family members of People Affected with Mental Health Conditions

The teachers are NAMI-trained family members who have lived the journey and relate personally to those seeking knowledge and comfort. Their training and the shared experience of class members create a supportive, uplifting learning experience. **The course is entirely private; information shared stays within the group. Meet others who share your struggle, compare notes, and gain new insight. This course will answer your questions and reduce your uncertainty and pressure.**

There are **8 class sessions**. Each class explores and highlights the latest knowledge and experience about:

- **How to manage crises, solve problems and communicate effectively**
- **Taking care of yourself and managing your stress**
- **Finding and using local supports and services**
- **Up-to-date information on mental health, current treatments, including evidence-based therapies**
- **The impact of mental illness on the entire family**

All instruction and course materials are free for class participants. Pre-registration is required. Courses fill up early, so we encourage you to call soon if interested.

The National Alliance on Mental Illness of MA will offer NAMI Family-to-Family evidence-based course starting **March 1, 2021**. It will be held on **Mondays, 6:30-9:00 pm**, on ZOOM online platform.

Pre-registration is required

Kim at tokima4@gmail.com or **508-365-9618**;

Joy at cummingspj@worcesterma.gov or **774-535-2656**

(please  for you reference)

Previous class participants about the course:

- "I have learned more than I could have ever imagined"
- "It was a lifesaving class for me and my family!"
- "It has had a large impact on my life (and my husbands as well).
The class time flew by and I find myself wishing it could continue."