

## Press Release: Spring NAMI Amador Family-to-Family Course

**Date: January 7, 2019**

Contact person: Terri Works at (209) 418-5615 or via email [terriworks26@gmail.com](mailto:terriworks26@gmail.com)

## VERSION 1 - SHORT



NAMI Amador is pleased to announce the upcoming **Peer-to-Peer** and **Family-to-Family** evidence-based courses, free of charge. These courses provide critical information and strategies for people living with mental illness and their family members. Registration is now open for Spring courses. Peer-to-Peer will meet every Saturday beginning March 23, 2019, through May 18, 2019 (no class on May 4), from 10AM – 12:30PM at Sutter Amador Hospital in Jackson. Family-to-Family will meet every Saturday for six weeks beginning March 23, 2019, to April 27, 2019, from 9:30AM – 2:30PM, at Amador Tuolumne Community Action Agency (ATCAA) in Jackson.

Both NAMI-approved courses are taught by NAMI-trained facilitators and include presentations, discussion, and interactive, real-world exercises. Registration is required. Must be 18 years or older to participate. Funding is provided by the Mental Health Services Act (MHSA) funds through Amador County Behavioral Health Services.

Register by calling: **Peer-to-Peer:** (209) 223-1485, x266  
**Family-to-Family:** (209) 304-0868 (Stacey)  
(209) 2470-4260 (Katie)

For more information, visit NAMI Amador online at [www.namiamador.org](http://www.namiamador.org).

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.

- VERSION 2 - LONG



NAMI Amador is pleased to announce the upcoming **Peer-to-Peer** and **Family-to-Family** courses, free of charge. These courses are essential for people living with mental illness and their family members and caregivers. Registration is now open for Spring courses.

### **Peer-to-Peer**

Peer-to-Peers classes are held on Saturdays for eight weeks:

**Dates:** Saturday, March 23, 2019 – Saturday, May 18, 2018 (no class on May 4)

**Time:** 10AM – 12:30PM

**Location:** Sutter Amador Hospital – Multipurpose Room

Registration is required. **Call to reserve your spot today: (209) 223-1485, x266**

### **Family-to-Family**

Family-to-Family classes are held on Saturdays for six weeks:

**Starts:** Saturday, March 23, 2019

**Ends:** April 27, 2019

**Time:** 9:30AM – 2:30 PM

**Location: Amador Tuolumne Community Action Agency (ATCAA)**

Registration is required. **Call to reserve your spot today:**

- Stacey: (209) 304-0868
- Katie: (209) 470-4260

For more information, refer to the attached informational sheet for a detailed description of each course or visit NAMI Amador online at [www.namiamador.org](http://www.namiamador.org).

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