



NAMI Family-to-Family

National Alliance on Mental Illness

Offered this spring ONLINE via Zoom!

NAMI Family-to-Family is a **FREE** evidence-based 8-week program that helps family members, caregivers and friends understand, support and become advocates for their loved one with serious mental health challenges, while maintaining their own wellbeing.

Disorders covered include:

- Depressive Disorder
- Bipolar Disorder
- Schizophrenia and Schizoaffective Disorder
- Borderline Personality Disorder
- Anxiety Disorders, including Panic Disorder
- Post-traumatic Stress Disorder
- Obsessive Compulsive Disorder
- Co-Occurring Substance Use Disorders



Participants will learn effective communication skills, problem-solving techniques, and how to manage their own stress and face crises as they arise.

Course teachers are trained NAMI family member volunteers who have experienced firsthand the difficulties of guiding their loved one to recovery from a mental illness.

Over 350,000 family members have graduated from this program nationwide.

Thousands have described the program as "life-changing."

Classes will be held Thursdays, March 4 – April 29, 2021, 6:30-9:00 p.m.
We invite you to call for more information and/or to pre-register for the course.

Zoom training will be available to participants who need it.

Call Jeri at 973-214-0632, 9AM-9PM.

Pre-registration by phone is required. Class size is limited to 16.



NAMI Sussex is an all-volunteer 501(c)(3) nonprofit organization that provides support, education, and advocacy throughout the Sussex County, NJ area on behalf of individuals and families affected by mental illness. www.nami-sussex-nj.org www.facebook.com/namisussex Ph: 973-214-0632