

**NAMI Family-to-Family** is a free, 8-session education program for family, friends and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery.

**The course is designed to** increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit [nami.org/research](http://nami.org/research).

NAMI offers the NAMI Family-to-Family Education Program free of charge to participants, beginning **Wednesdays, 6:30-9 PM EST, January 18 & ending March 8, 2023 online via zoom**. For more information and how to register, please contact **Linda Williams at NAMI Indiana at 317-925-9399 Ext. 102 or [lwilliams@namiindiana.org](mailto:lwilliams@namiindiana.org)**.



### Participant Perspectives

*“This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers...it has helped me to understand better and communicate more effectively with my brother.”*

*“The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this.”*

**Contact us to register for a NAMI Family-to-Family class!**

### About NAMI

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. **NAMI Indiana** and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy, and support group programs for people in our community with mental health conditions and their loved ones.