

# **NAMI** Family & Friends

National Alliance on Mental Illness

## What is the NAMI Family & Friends Seminar?

NAMI Family & Friends is a free 4-hour seminar that informs people who have loved ones with a mental health condition how to best support them. It's also an opportunity to meet other people in similar situations and gain community support. NAMI Southeast Indiana is sponsoring the event. This seminar will be divided into two, 2-hour sessions.

The seminar is led by trained people with lived experience of supporting a family member with a mental health condition. They will walk you through the following topics.

- Understanding diagnoses, treatment and recovery
- Effective communication strategies
- The importance of self-care
- Crisis preparation strategies
- NAMI programs and community resources

**First Financial Bank in Aurora,  
104 Links Way, off of Rt 50, next to  
Bob Evans, across from Walmart.  
Enter through the side door.**

**Mon, November 7 & Wed, Nov 9, '22  
6:30 PM-8:30 PM**



## Participant Perspectives

“Hearing personal experiences and how relatable my experiences are to them was very helpful. Hearing specific strategies to communicate and specific traits that people with mental illness have. Know that the illness is what can cause “cruelty” and poor decisions rather than the person.”

“I have a better understanding of how mental illness impacts the person affected...it was nice to hear the stories of the instructors and their paths. The handbook has a lot of helpful information which I did not know about.”

Questions call Kathy 513-478-0457 or [kathbbarnum52@gmail.com](mailto:kathbbarnum52@gmail.com)

Please Register at [www.nami.org/FamilyandFriends](http://www.nami.org/FamilyandFriends)

Search NAMI Family & Friends under Support & Education.

In Partnership with:



**Southeast  
Indiana**



**Family & Friends Manual  
available after 2<sup>nd</sup> class**

**Snacks included**

[HTTP://NAMISEIN.COM](http://NAMISEIN.COM)  <https://www.fb.NAMISEIndiana>