

## What is the NAMI Family & Friends Seminar?

NAMI Family & Friends is a free 90-minute 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.

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



**Virtually in the  
convenience of your home!**

**Wednesday, September 16, 2020  
6:30 PM- 8 PM**

### Participant Perspectives

“Hearing personal experiences and how relatable my experiences are to them was very helpful. I learned specific strategies to communicate and specific traits that people with mental illness have. I now realize 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 812-577-9297 or [kathbb@comcast.net](mailto:kathbb@comcast.net)

Register at <https://www.nami.org/FamilyandFriends>

Search NAMI Family & Friends. Select your date & location.

In Partnership with:



**Included: Free e-book  
NAMI Family & Friends Manual**