

FREE CLASS

FAMILY-TO-FAMILY PROGRAM

BECAUSE FAMILY SUPPORT LEADS TO
BETTER MENTAL-HEALTH OUTCOMES

**Wednesdays starting April 17th, 6-8:30 p.m.
Monument, CO***

***Exact location provided upon registration**

NAMI Family-to-Family is a no-cost, 8-week educational course for family, friends and partners of adults with mental health conditions. While delivering the latest information on depressive disorders, schizophrenia, bipolar disorder and other illnesses, it teaches practical skills for coping and advocacy.

Teachers are trained peers whose loved ones live with a mental illness.



Learn about the biology
of brain disorders;
medications and side
effects; & ways to
promote recovery



Try out new strategies
for communication,
problem-solving,
navigating crisis &
relapse, & self-care



Find local mental
health support and
services, & identify
ways to advocate for
your loved one

REGISTRATION REQUIRED

To register for this class or find out more information:

namicoloradosprings.org | 719-473-8477 | AngelaSweeten@namicos.org



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. If you have questions about Family-to-Family or NAMI Colorado Springs, please contact Angela Sweeten at 719-473-8477 or AngelaSweeten@namicos.org.