

What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a free, 8-week education program for adults who have loved ones living with serious mental illness. The course includes information on serious mental health conditions and is designed to help family members understand and support their loved one, while maintaining their own well-being. Thousands of families have described this program as life-changing. Family to Family classes are taught by trained leaders who are also family members and know what it is like to have a loved one living with mental illness.

NAMI Schenectady, the local chapter of the National Alliance on Mental Illness, will offer the Family-to-Family Education Program this spring, pending adequate registration numbers. Our tentative start date is **March 14**. The classes will start at 6:00 p.m. and will be held in the board room of the **Emmanuel Friedens Church** located at 218 Nott Terrace in downtown Schenectady.



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.”

Interested in registering but need more info? Give us a call or send us a note!

 **NAMI** Schenectady
National Alliance on Mental Illness

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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 Schenectady is an affiliate of NAMI New York State. Its volunteer members work tirelessly to raise awareness and provide essential education, advocacy and support for those living with mental illness. NAMI Schenectady is also committed to ending the stigma associated with mental illness.