

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

NAMI Family-to-Family is a free, 8-week education program for adults with loved ones who have serious mental illness. The course includes information on mental health conditions and treatment, 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 NAMI-certified leaders who, as family members, know what it is like to have a loved one living with mental illness.

NAMI Schenectady and NAMI Capital Region NY, the local chapters of the National Alliance on Mental Illness, will offer the Family-to-Family Education Program on 8 consecutive Thursdays from 6-8:30 pm beginning on **May 9th**. Classes will be held at the **Emmanuel Friedens Church** at 218 Nott Terrace, Schenectady. Need more information? Call or e-mail us (see below). Want to register? Contact: christine@naminys.org / 518-245-9160



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.”

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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 and NAMI Capital Region NY are affiliates 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 members are also committed to ending the stigma associated with mental illness.