



# NAMI Family-to-Family

National Alliance on Mental Illness



On Thursdays from 6-8:30 pm, for eight life-changing sessions beginning on October 10, we invite you to connect with us and learn in a safe and understanding space, in-person, at **Emmanuel Friedens Church, 218 Nott Terrace, Schenectady, NY**

This FREE 8-week course, led by experienced NAMI members, is designed to empower families and friends of individuals with mental illness with knowledge and vital skills necessary for better coping.

#### What to expect:

- Insight into the effects of mental illness and current brain research
- Information on medication and up-to-date treatment options
- Skills to build better communication with your loved one, and help with worry and stress

Want to learn more about Family to Family? Contact us!



# NAMI Schenectady

National Alliance on Mental Illness

518-986-9114 (M-F, 9-5)

[namischenectady@gmail.com](mailto:namischenectady@gmail.com)