



NAMI Family-to-Family

National Alliance on Mental Illness



For eight life-changing sessions, from 6 to 8:30 pm, beginning in late February (tentatively 2/27), 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