

Coping with a loved one's mental health challenges?

We can help!

Family-to-Family

Free, confidential, evidence-based 8-session education program for family, partners & friends of people living with mental health conditions

Feb 27-April 16, 6-8:30 pm on Zoom



Training in Preparedness & Emotional Resiliency

- ✓ How to solve problems & communicate effectively
- ✓ Taking care of yourself & managing your stress
- ✓ Supporting your loved one with compassion
- ✓ How to handle crisis
- ✓ The impact of mental health conditions on the entire family

You are not alone

NAMI provides a safe space for the opportunity to learn more skills and develop a supportive community.

You can experience compassion & connection from people who relate to your experiences. Through your participation, you have the opportunity to help others grow too.

A Toolkit of Information

- ✓ Finding and using local supports & services
- ✓ Up-to-date information on mental health conditions and how they affect the brain
- ✓ Current treatments & therapies

Education and Support for Families



Contact us for more information or to register:



 570-342-1047

 www.naminepa.org