



NAMI FAMILY TO FAMILY EDUCATION PROGRAM

Family-to-Family is a series of 12 weekly classes structured to help family caregivers understand and support loved ones 16 or older with serious mental health challenges while maintaining their own well-being.

The course is taught by a team of trained NAMI family member volunteers who know what it is like to have a loved one struggling with mental illness. There is no cost to participate in the NAMI Family-to-Family Education Program.

Thousands of families describe the program as “life-changing.” We think that you will be pleased by how much assistance this program offers. We invite you to register or call for more information.

CLASSES START:

Spring 2019

7:00pm – 9:30pm

Lincroft Bible Church

For more information or to register, please phone or email:

namigreatermonmouth@gmail.com (732) 462-6448

or email Nozer at nozermehtha1@gmail.com

Sponsored by: NAMI Greater Monmouth (www.namigm.org)