



## NAMI FAMILY TO FAMILY EDUCATION PROGRAM

Offered this spring ONLINE via Zoom!

Family-to-Family is an evidence-based series of 8 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. There is no cost to participate in the program.

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. It helps family members, partners and friends respond to loved ones with mental illnesses such as Anxiety, Major Depression, Bipolar Disorder, Schizophrenia, Panic Disorder, Post Traumatic Disorder, Obsessive Compulsive Disorder, Borderline Personality Disorder, and Co-occurring brain and addictive disorders. Over 300,000 people in the US, Canada, Mexico and Italy have completed this course. Participants will learn effective communication skills, problem-solving techniques, and how to manage their own stress and face crises as they arise.

### ONLINE CLASSES SCHEDULED TO START:

Friday February 19th, 2021 via Zoom  
Weekly from 7:00pm – 9:30pm

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

[namigreatermonmouth@gmail.com](mailto:namigreatermonmouth@gmail.com) (732) 462-6448  
or email Nozer at [nozermehtha1@gmail.com](mailto:nozermehtha1@gmail.com)

Sponsored by: NAMI Greater Monmouth ([www.namigm.org](http://www.namigm.org))

