



NAMI Family-to-Family

National Alliance on Mental Illness



NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises.

Register Now!
Contact (309) 287-9913
or online at
namilivingstonmclean.org

**Dates: Feb 13, 20, 27
March 5, 12, 19
(no class March 26th)
April 2, 9, 16, 23, 30**

8:30-11:15 am

Wesley United Methodist Church
502 East Front Street, Bloomington, IL