



**NAMI Family-to-Family** is a free, 8-session education program for family, friends, and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder, and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery.

**The course is designed to** increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit [nami.org/research](https://nami.org/research).

**NAMI Urban Los Angeles**, the local organization of the National Alliance on Mental Illness, is offering the weekly NAMI Family-to-Family Education Program free of charge to participants starting **Friday, September 15<sup>th</sup>, 2023**, from **6pm-8:30pm PST**. You can register on our website at [namiurbanla.org/family-to-family](https://namiurbanla.org/family-to-family). **Contact us to register today!**



### Participant Perspectives

“This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers...it has helped me to understand better and communicate more effectively with my brother.”

“The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this.”

*[Human IT Qualifications](#) This project is funded in part by L.A. Care Health Plan and will benefit low-income and uninsured residents of Los Angeles County.*

### About NAMI