

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.

NAMI offers NAMI Family-to-Family free of charge to participants, beginning **Tuesday, July 11th, 2023**. It will be held on **Tuesdays from 5:30-8:00 pm** at The Human Services Building at 246 Northland Dr, Medina, Ohio.



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.”

**Contact us at (216)875-7776 to register
for NAMI Family-to-Family!**

 **NAMI** Medina County
National Alliance on Mental Illness

MEDINA COUNTY
ADAMH
ALCOHOL, DRUG ADDICTION & MENTAL HEALTH BOARD