



NAMI Family-to-Family

National Alliance on Mental Illness

A FREE educational class for family and friends of individuals living with a mental health condition



The evidence-based course meets weekly for 8 sessions and is taught by NAMI trained family member volunteers.

The Family-to-Family curriculum includes presentations, videos, discussion and interactive exercises. Learn about:

- Bipolar Disorder, Major Depression, Schizophrenia, Borderline Personality Disorder, Panic/Anxiety Disorder and Obsessive Compulsive Disorder (OCD)
- Evidence based treatments and therapies, local mental health resources
- Communication techniques, problem solving, managing crisis and relapse, coping skills, and self care
- Mutual support, compassion, and reinforcement from the group setting

Sponsored by NAMI Central Middlesex for Fall 2021

- **Thursdays via Zoom, September 16th-November 4th, 6:30-9:00 PM**
Online audio and visual capability is needed to attend. To register contact Steve at (978) 621-3253, shadden@hadlorgroup.com or Lindsay at (781) 864-7003, linzbfar@gmail.com.
- **Tuesdays in person in Littleton, October 12th-November 30th, 6:30-9:00 PM**
Proof of vaccination is required. To register contact Sara at (339) 223-3146, doddsara25@gmail.com or Phyllis at (978) 973-3995, phyllis.terrey100@gmail.com.

Additional Course Offerings

Additional info and more sessions available at: namimass.org/nami-family-to-family/