

Bipolar Disorder...  
PTSD... Depression...  
Anxiety...  
Schizophrenia...

You are not alone.



Are you caring for a loved one with mental illness?  
We are Families Helping Families.

## ***FAMILY TO FAMILY***

***FREE 4-WEEK COURSE \* OPEN TO EVERYONE***

Where: In Person – Jackson, CA

When: Saturdays, March 23 – April 13, 2024, 10:00am – 2:00pm

Encouraged to Register by Thursday March 21, 2024

**NAMI Family to Family** is an 8-session course, taught two classes each Saturday over 4 weeks, for all family members, close friends, or caretakers of someone living with mental illness.

**Goals:** Education about mental illness and treatments, emotional and practical support, problem-solving and communication skills.

*Classes are taught by NAMI Amador state-certified instructors and mentors. Each class builds upon the prior one, so participants must sign up and attend all sessions.*

*To register, please call NAMI Amador at **209-256-1293***

More Information: [www.nami.org](http://www.nami.org)  
[namicalifornia.org](http://namicalifornia.org)

Facilitators: Stacey 209-304-0868  
or Suzanne 209-256-1293



WELLNESS • RECOVERY • RESILIENCE

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