



What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a free, 8-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

F2F Classes in West Hartford

NAMI Farmington Valley (National Alliance on Mental Illness) will offer its NAMI Family-to-Family Education Program beginning Tuesdays **September 13 – November 9 from 6:30 to 9:00 PM** at the **Flagg Road UCC Church, 134 Flagg Road.**



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.”

Register for this NAMI Family-to-Family class!

West Hartford – In-person Class

Dates: Tuesdays, September 13 - November 9

Time: 6:30pm to 9:00pm

Location: Flagg Road UCC Church, 134 Flagg Rd.

Teachers: Mary and Jennifer

For All Classes - Register Online:

<https://namict.org/find-support/family-to-family/>