



# NAMI Family-to-Family

National Alliance on Mental Illness



NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program shown to significantly improve the coping and problem-solving abilities of the people closest to a person with a mental health condition. Taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises.

Spring  
2025

Wednesdays  
April 16 - June 4  
6:30pm – 9:00pm

West Avon Congregational Church  
280 Country Club Rd. Avon, CT



Led by Peter and Peg  
Program is delivered by trained  
volunteer family facilitators.  
Classes fill up quickly!



**REGISTER NOW**

[namifarmingtonvalley.org/f2f-spring2025](https://namifarmingtonvalley.org/f2f-spring2025)

SCAN ME

