

NAMI Family-to-Family (F2F) is an educational course for family, caregivers and friends of individuals living with mental illness.

What You Should Expect

- Designed for loved ones of individuals (over age 18) living with mental illness.
- Taught by trained family members of individuals living with mental illness.
- Meet for 12 sessions, 2.5 hours each, no fees.
- Critical information and strategies related to caregiving.
- Presentations, discussion and exercises.
- Evidence Based Practice, designated by SAMHSA in 2013.

Training in Preparedness and Emotional Resiliency

- Skills related to managing crises, solving problems and communicating effectively.
- Strategies for self-care including management of stress and emotional overload.
- Guidance on locating appropriate local supports and services.

Why You Should Attend

- Up-to-date information about a range of mental illnesses, including co-occurring mental illnesses and substance use disorders.
- Impact of mental illness on the brain.
- Current research on treatments including medication, side effects and evidence-based therapies.

NAMI Yolo F2F
www.namiyolo.org

Mondays: Oct. 1, 15, 29; Nov. 5, 19

Thursdays: Oct. 4, 11, 18, 25 Nov. 1, 8, 15

6:30 – 9:00 p.m.

**Location - TBA
in Yolo County**

To Register:

Call: 530-756-8181

or email:

friends@namiyolo.org