



National Alliance on Mental Illness

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

Receive 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.

What to Expect

- A course 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.

Why you should attend

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

Time: 6:30 - 9:00 pm

Location: West Sacramento, call for details.

Dates: Tuesdays March 19 and 26, April 2, 9, 16, 23, and 30 May 7, 14, 21 and Thursday May 16 and 23.

To register call 530.756.8181 or email friends@namiyolo.org

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