

Family-to-Family is a **free, confidential**, educational program that teaches caregivers, family members, and friends how to support and advocate for individuals with serious mental illness. The course is taught by a team of trained NAMI family member volunteers who know what it's like to have a loved one struggling with mental illness. The program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. In the program, you'll help others and learn about:

- How to manage crises, solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Developing the confidence and stamina to provide support with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- Current treatments, including evidence-based therapies, medications and side effects
- The impact of mental illness on the entire family

Well of Worship Church

[22 Cash Drive,](#)

[Mound House NV 89706](#)

3 miles East of Carson City

Just North of US 50

**Six consecutive
Saturdays:**

March 3 - April 7

9am-3pm

**Class size is limited so advance
registration is required**
Contact Linda: 775-440-1626

**Complimentary
lunch will
be provided**