

Do you have a family member with Mental Illness?



White Mountains

Program affiliate of NAMI Payson



**FREE !
CONFIDENTIAL
PROGRAM**

FAMILY-TO-FAMILY is an evidence based, educational program for family members and friends of people living with mental illness taught by teachers who have also lived with this experience

6 week course

LEARN ABOUT:

- Mental Health conditions
- Current treatments
- Problem solving and communication skills
- Coping strategies
- Advocating for your family member
- Support and services



**STARTS
SOON
Call for more
info**



**6 SATURDAYS
8 AM TO 12 PM**

Learn More, Questions or Register for class:
Call or text 928.298.1914
Class size is limited, call NOW to register!

Email for info:

namiwhitemountains@gmail.com

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