

Do YOU have a loved one with a mental illness?



Family to Family

Family to Family is an evidence based, educational program for family members and friends of people living with mental illness.

The class is taught by facilitators who also have lived with this experience.

12 sessions, can be in a 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



Ask questions and to register for class:

Call or text 928.298.1914

Email: namiwhitemountains@gmail.com

Class size is limited, call NOW to register!

Website: www.namiwmaz.org

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