

Do YOU have a loved one with a mental illness?



National Alliance on Mental Illness

nami White Mountains, AZ

Family to Family Classes

FREE !
CONFIDENTIAL
PROGRAM

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.

8 sessions, meet weekly on Saturday mornings.

Learn About:

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

**Contact us to
find out when
the next class
is starting!**

For information and to register for class:

Call or text 928.298.1914

Email: namiwhitemountains@gmail.com

Website: www.namiwmaz.org

Like us on Facebook @ NAMI White Mountains AZ