

# Family-to-Family

*Does your loved one live with a mental illness?*

A

ADULT

**Starts**  
**Thursday Jan 11-**  
**March 22, 2018**  
**7:00 – 9:30 pm**

Glendale United Methodist  
13550 Glendale Road

**Savage**

**FREE** but registration required  
Contact Janet at [952-890-1669](tel:952-890-1669)

**for information and  
registration**



800 Transfer Road, Suite 31  
St. Paul, MN 55114  
Phone: [1-651-645-2948](tel:1-651-645-2948)  
Toll Free: [1-888-626-4435](tel:1-888-626-4435)  
[www.namihelps.org](http://www.namihelps.org)

## Class Description:

Family-to-family is a free, 12-week class for family members and friends of individuals with a serious mental illness taught by trained family members. Families gain insight and information to empower and support themselves and their loved one.

- Learn current information on major mental illnesses, medications and side effects
- Build empathy, coping skills, problem-solving and communication techniques
- Understand how to locate support and services in the community



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.