

NAMI Family-to-Family is a free, 8-session education program for family, friends and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery.

The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition.



NAMI Family-to-Family provides mutual support and shared positive impact. As a result, you can experience compassion and reinforcement from people who understand your situation. You can also help others through your own experience.



**Contact us to register for a
NAMI Solano County Family-to-Family class!**



Zoom Class: 8 Thursdays: May 6 – June 24, 2021

6:00 p.m. – 8:30 p.m.

Registration is required – No cost. Follow this link

<https://namisolano.org/register-family-to-family/>

Have questions? Contact Sunny Bradford, namisunny2020@gmail.com

Ph. 707-439-5519



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