



NAMI Family & Friends is a four-hour seminar that informs and supports people who have a loved one with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation, and NAMI resources. The class is taught by two trained family members who have first-hand experience of living with a family member who has a mental illness.

What You'll Learn

The seminar is led by trained people with lived experience of supporting a family member with a mental health condition. They will walk you through the following topics.

- Understanding diagnoses, treatment, and recovery
- Effective communication strategies
- The importance of self-care
- Crisis preparation strategies
- NAMI and community resources

What People Are Saying

“Hearing personal experiences and how relatable my experiences are to them was very helpful. Hearing specific strategies to communicate and specific traits that people with mental illness have. Know that the illness is what can cause “cruelty” and poor decisions rather than the person.”

“I have a better understanding of how mental illness impacts the person affected...it was nice to hear the stories of the instructors and their paths. The handbook (eBook) given has a lot of helpful information which I did not know about.”

Event is free, but registration is required.

Email tracy@namilex.org to sign up for this enlightening program.