



NAMI Family-To-Family

Transitions-Mental Health Association

Inspiring hope, growth, recovery and wellness in our communities.



WELLNESS • RECOVERY • RESILIENCE

In partnership with the National Alliance on Mental Illness of San Luis Obispo County (www.namislo.org), the Family-to-Family Education Program is a free, 12-session course offering education and support for family members whose relative or loved one has a mental illness/brain disease such as schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, post traumatic stress disorder, borderline personality disorder, co-occurring brain disorders or addictive disorders. The class provides up-to-date information on the diseases, their causes, and treatments available, as well as help and coping tools for the caregiver or loved one.

What Services Are Provided?

Family-to-Family classes are led by specially trained family members who know what it is like to have a loved one with a serious brain disease. The two and a half hour class sessions meet weekly for 12 weeks. Over 800 San Luis Obispo County residents have taken this course. Extensive additional information is available at www.nami.org/f2f.

Who Can Attend?

Families, guardians, and loved ones who have someone in their life they know or suspect has mental illness. Classes are offered throughout San Luis Obispo County.

Pre-registration is required.

Contact Henry Herrera for more information at (805) 440-3516.

How Much Does It Cost?

This program is a free service to residents in San Luis Obispo County. The Family-to-Family program is funded locally by The Mental Health Services Act and the National Alliance on Mental Illness of San Luis Obispo County.

