

# If you have a loved one with a mental health disorder: You need this course!

## Family-to-Family, weekly starting September 9, 2020\*

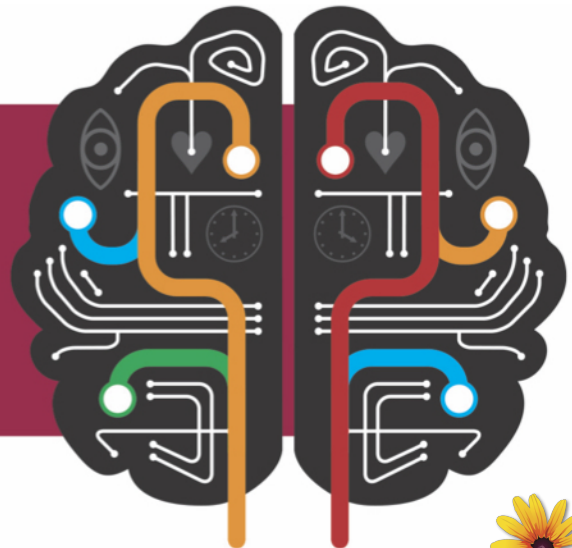
Family-to-Family is a free, 8-session education program for family members of adults living with a mental health disorder and is designed to help family members understand and support their loved one while maintaining their own well-being.

The class will also cover information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions and is taught by trained teachers who are also family members that know what it is like to have a loved one struggling with a mental health disorder.

The class is offered at the Mental Wellness Center through NAMI, the National Alliance on Mental Illness, which is the nation's largest grassroots mental health organization dedicated to building better lives for those affected by mental health disorders.

This class is included in SAMHSA's National Registry of Evidence-based Programs and Practices.

*"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother."*



Preregistration is required, please contact: Maria Perez, Family Support Specialist, Transitions Mental Health Association; 225 Inger #101, Santa Maria, 805-441-3325, [mperez@t-mha.org](mailto:mperez@t-mha.org); <https://www.namisantabarbara.org>

\*Santa Barbara classes begin Wednesday, September 9, 2020