



FAMILY-TO-FAMILY

Information, understanding and support about mental illness.

SUMMER *ONLINE* CLASS NOW FORMING

This NAMI Family to Family Educational class will be held online via Zoom and is open to all San Luis Obispo residents.

Class begins:

WEDNESDAY July 22, 2020

Ends:

WEDNESDAY October 7, 2020

* Student must have computer access

Having a mental illness can at times be a lonely, bewildering experience. Knowing how to help a loved one can be just as hard. But, there is hope.

If you have a loved one with a mental illness, join us for Family-to-Family, developed by the National Alliance on Mental Illness (NAMI).

This is a 12 session education program offering information, understanding and support. Classes are free, including all materials, and are led by trained volunteer instructors, all of whom have a family member with a mental illness.

Since 1993, over 300,000 Family Members Nationwide have completed Family-to-Family and there are hundreds of graduates in San Luis Obispo County. Among the topics for this program are: symptoms of mental illness; brain biology and medications; communications skills; rehabilitation; and taking care of ourselves.



Pre-registration is required

**Contact Henry Herrera
805-440-3516**

Sponsored by the Mental Health Services Act; NAMI SLO; SLO County Behavioral Health Services; and Transitions-Mental Health Association.