



nami Family-to-Family

National Alliance on Mental Illness

Spring
2024



nami

National Alliance on Mental Illness

Buffalo & Western
New York

TIME

6:00 - 8:30 PM



DATE

Tuesdays
April 16 - June 4



LOCATION

Online via Zoom



Register TODAY!

Pre-registration is required.

Interested, but can't attend?

Visit www.namibuffalony.org
to subscribe to our
newsletter for class updates.

Online

FAMILY-TO-FAMILY CLASS

NAMI Family-to-Family is a free, 8-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members and caregivers understand and support their loved one while maintaining their own well-being.

The course includes information on illnesses such as anxiety, schizophrenia, bipolar disorder, major depression and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery. Thousands of participants describe the program as life-changing. The program is taught by trained family members who have a loved one with a mental health condition.

Family-to-Family is an evidence-based signature program of NAMI National that presents information about the signs, symptoms, and treatments of mental health, as well as how to cope with a loved one living with mental illness.

Family-to-Family is taught by two trained volunteers who have personal experience with the challenges of caring for a loved one with mental illness.

There is no fee to attend a Family-to-Family Class. All materials and supplies will be provided.

For information on registering for this class, email online@namibuffalony.org or call the office at 716-226-6264 ext. 101

Provide your name and phone number with "Register Family-to-Family" and "Online" in the subject line.