

NAMI Family-to-Family is a free, 8-session education program for family, friends and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery.

The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit nami.org/research.

NAMI offers the NAMI Family-to-Family Education Program free of charge to participants. For more information and how to register, please contact **NAMI TEHAMA CA** at **(530-917-6845)** or **Darbieandrews@gmail.com**

Participant Perspectives



“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.”

“The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this.”

Contact Darbie Andrews at 530-917-6845 to register for a NAMI Family-to-Family

Class Dates and Times

Wednesday, January 17, 2024·7:00 – 8:00pm
Wednesday, January 24, 2024·7:00 – 8:00pm
Wednesday, January 31, 2024·7:00 – 8:00pm
Wednesday, February 7, 2024·7:00 – 8:00pm
Wednesday, February 14, 2024·7:00 – 8:00pm
Wednesday, February 21, 2024·7:00 – 8:00pm
Wednesday, February 28, 2024·7:00 – 8:00pm
Wednesday, March 6, 2024·7:00 – 8:00pm

