



National Alliance on Mental Illness

NAMI | Frederick County

Family to Family Education Classes Starting Soon

NAMI's Family to Family Program is designed to help family members and friends understand and support their loved one while maintaining their own wellbeing.

- Is a 12 session class (1 Class each Monday Evening for 12 Weeks) for adult family members and friends of people who live with a mental illness and is entirely free.
- It is taught by trained family members of people living with a mental illness

What You'll gain:

- How to handle a crisis
- How to solve problems and communicate effectively
- Current treatments and therapies
- Up-to-date information on mental health conditions and how they affect the brain
- The impact of mental health conditions on the entire family
- Supporting your loved one with compassion
- Taking care of yourself and managing your stress

NAMI Frederick's Spring 2019 Family to Family Class:

- **Start date is being rescheduled to allow for additional participants** (previously scheduled for March 25th) Watch the Website at www.namifrederick.org for Updates
- All Saints Episcopal Church, 106 West Church St, Frederick MD 21701

Sign-up for Family to Family

- [Sign-up online for the Family to Family Class Here](#)
- Contact the Family to Family Coordinator at info@namifrederick.org OR
- Call our Family to Family Coordinator Mark at (240) 394-5558 (be certain to leave a message if I'm unavailable)

QUESTIONS? Please feel free to contact our Family to Family Coordinator at info@namefrederick.org or call Mark at (240) 394-5558 with any questions or for more information (Please leave a message if I'm unavailable).