



National Alliance on Mental Illness

Hudson  
County

## Family-to-Family Educational Program

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 understand and support their loved one living with mental illness while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression, and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness. **All personal stories or information shared in class is confidential, and may not be shared outside of class.**

### Family-to-Family Participants:

- Learn about family responses to the trauma of mental illness
- Receive current information on serious mental illnesses
- Learn about symptoms, medication and side effects
- Practice problem solving skills and communication techniques
- Develop strategies for handling crisis and relapses
- Review local community resources and support.
- Focus on self-care and coping with stress.

**Dates:** Every Friday for 2 hours, September 22 to November 10

**Time:** 7 pm to 9:30 pm ET

**Place:** Virtual meeting (link will be sent out a few days prior to the start date)

Once you are registered for the F2F program, NAMI will send you the program materials for the class.

**Program facilitators:** Barbara Espinoza & Aparajita Nandi

***Please register by Sep 1, 2023. NAMI will then also send you the course reading materials.***

**Questions and registration:** [f2fnamihudson@gmail.com](mailto:f2fnamihudson@gmail.com)