



National Alliance on Mental Illness

NAMI Valley of the Sun

Free! 12-Week Class!

FREE 12-week adult education

“Family-to-Family” class starting March 6, 2019!

Will meet on Wednesday evenings from 6PM-8:30PM in Paradise Valley (near 101 & E McDonald Dr).

Precise location provided after your registration is complete.

CALL OR E-MAIL TO REGISTER!

What is the NAMI Family-to-Family program? NAMI Family-to-Family is a FREE, 12-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.



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.”

“This course helped me realize my son is still inside his body, even though the mental illness often hides him from view.”

You must pre-register!

To register contact 602-759-8182

or education@namivalleyofthesun.org

HURRY! CLASSES FILL QUICKLY!

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Valley of the Sun and its dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

