



National Alliance on Mental Illness

# NAMI Valley of the Sun

## Free! 12-Week Classes!

### 2 Upcoming 2020 Family-to-Family classes:

**#1: January 8, 2020 to March 25, 2020 meeting on Wednesdays from 6PM-8:30PM in Paradise Valley near the 101 & East McDonald Dr.**

**#2: January 9, 2020 to April 2, 2020 meeting on Thursdays from 6PM-8:30PM in Scottsdale near the 101 and E Shea Blvd.**

### **CALL OR E-MAIL TO REGISTER!**

*Precise location provided after your registration is complete.*

**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.



#### **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.”



**To register, contact 602-759-8182  
or [education@namivalleyofthesun.org](mailto: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.

