



National Alliance on Mental Illness

NAMI Greater Lowell

Has your loved one been struggling with mental illness issues?

Attend Family-to-Family

A **free** course for family & friends of individuals affected with mental health conditions

The teachers are NAMI-trained family members who have lived the journey and relate personally to those seeking knowledge and comfort. Their training and the shared experience of class members create a supportive, uplifting learning experience. **The course is entirely private; information shared stays within the group. Meet others who share your struggle, compare notes, and gain new insight. This course is intended to answer your questions and reduce your uncertainty and pressure.**

There are **12 class sessions**. Each class explores and highlights the latest knowledge and experience about:

- **How to manage crises, solve problems and communicate effectively**
- **Taking care of yourself and managing your stress**
- **Finding and using local supports and services**
- **Up-to-date information on mental health, current treatments, including evidence-based therapies**
- **The impact of mental illness on the entire family**

All instructional and course materials are free for course participants. Pre-registration is required. Courses fill up early, so we encourage you to call soon if interested.

NAMI Greater Lowell, the local affiliate of the National Alliance on Mental Illness will offer the NAMI Family-to-Family evidence-based course starting in **September 2018**. It will be held on **Thursdays evenings, 7:00 to 9:30 pm in Lowell, MA**. For more info and registration please contact **Dick at 978-808-7991 rhedgar@verizon.net or Mary at 978-621-9029 robinson.maryv@gmail.com**.

For other Family-to-Family courses statewide go to the NAMI Mass website <http://namimass.org/>

Previous class participants had this to say about the course:

- "I have learned more than I could ever have imagined"
- "It was a lifesaving class for me and my family"
- "It has had a large impact on my life (and my husband as well). The 12 weeks flew by and I find myself wishing it could continue."