



Family-to-Family

Starting online

June 16th through August 4th

4 pm—6:30 pm

*"I wish I'd known about this seven years ago
when the problem began. I felt safe in this class.
I was able to talk about things I haven't been
comfortable expressing elsewhere."*

~Family to Family participant



NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people with mental health conditions.

NAMI Family to Family is an evidenced-based program with proven results in helping loved ones improve their understanding of mental health conditions, coping skills, and problem-solving behavior.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises.

Registration is Required

To register please leave a message at 541-343-7688 and we will return your phone call or email us at resourcecenter@namilane.org