

NAMI Family-to-Family is a free, confidential, peer-led, 8 week education program for family members of adults living with mental health conditions

This class can be taken by:

- parents
- siblings
- spouses
- adult children
- partners
- significant others



- The class is designed to help all family members:
- understand their loved one's feelings
  - support their loved one living with mental illness
  - while maintaining their own well-being and balance

**Starting Tuesday, February 9th**

8 week class held on Tuesdays 4-6:30 pm via Zoom

*Please contact our office to sign up or for more information*

**541-343-7688 or [resourcecenter@namilane.org](mailto:resourcecenter@namilane.org)**