



**nami**

National Alliance on Mental Illness

Delaware &  
Otsego Counties

## **FREE MENTAL HEALTH EDUCATION FOR FAMILIES AND FRIENDS**

NAMI Family to Family is a free, 8-session education program for the family and friends of adults with mental health conditions. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions.

### **NAMI Family to Family provides:**

- Information about mental health conditions,
- Information about treatment and recovery.
- The tools to use to support your loved one during difficult times.
- Information about local resources.
- Self-Care for Caregivers



The program is taught by trained family members who have a loved one with a mental health condition. NAMI family to family education is an evidence-based program (EB). For information on the research base for this program, visit [nami.org/research](http://nami.org/research).

**May 1, 2024, to June 26, 2024, at 6:00 pm – 8:30 on Wednesdays At The New Hope Community Church, 45 Stockton Ave Walton NY. Classes will be available in person or through ZOOM for COVID Safety (Zoom complies with all applicable privacy laws, rules, and regulations in which it operates) Please Register by Friday April 26, 2024:**

*email [namidelawareco@gmail.com](mailto:namidelawareco@gmail.com) or call (607) 287-6869 or email [sstallone@rehab.org](mailto:ssallone@rehab.org)*

*After registering, you will receive a confirmation email containing information about the meeting.*