

NAMI Family-to-Family

National Alliance on Mental Illness

NAMI Family-to-Family is a free, 9-session education program for family, friends and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery.

The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit nami.org/research.

NAMI offers the NAMI Family-to-Family Education Program free of charge to participants, beginning **February 13, 2023**. For more information and how to register, please contact **Marilyn Rowland**, NAMI Topeka at 785-806-3049 or mrowland533110@yahoo.com.



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."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

Classes held at Countryside United Methodist Church 3221 SW Burlingame Rd



Classes Mondays 6:00 pm to 8:30 pm
Starting 2-13-2023 Last Class 4-10-2023
Register by calling Marilyn Rowland at
785-806-3049 or by email at
Mrowland533110@yahoo.com

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 Topeka is an affiliate of NAMI Kansas. NAMI Topeka and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community with mental health conditions and their loved ones.