



NAMI FAMILY TO FAMILY

Family to Family is an evidence-based workshop designed for family members, significant others and friends of adults living with mental illness. The workshop is taught by trained instructors who've been there, and takes place in a group setting – experience compassion and reinforcement from people who understand.

Family to Family includes:

- An overview of mental health diagnoses and how the brain is effected
- Treatment options (evidence-based therapies, medications and side effects)
- How to manage crises, solve problems and communicate effectively with your loved one
- How to take care of yourself and manage stress
- Develop the confidence and stamina to support your family member with compassion

FREE TO EVERYONE

Spring Session

Thursday Evenings 6-8:30p

March 1 – May 17

Location: 600 East Court Ave
Des Moines

Fall Session

Tuesday Evenings 6-8:30p

September 4 – November 20

Location: 511 East 6th Street
Des Moines

Call 515.850.1467 or email director@namigdm.org to sign up today



Greater Des Moines