



National Alliance on Mental Illness

NAMI Greater Des Moines

Family to Family

Mental Health Education Course

Starts 2/28

NAMI Family to Family - Free to Attend

- February 28 – May 16 / Thursday Evenings 6-8:30p

NAMI Family to Family is a course designed for family members, significant others and friends of individuals living with mental illness. The course is designed to facilitate a better understanding of mental illness, increase coping skills and empower participants to become advocates for their family members. Family to Family is taught by trained facilitators who have lived similar experiences with their loved ones, and includes presentations, discussion and interactive exercises. This program is designated as an evidence-based program by SAMHSA. In Family to Family, participants learn:

- Current treatments, medications & side effects
- How to manage crises, solve problems and communicate effectively
- Develop the confidence and stamina to provide support with compassion.

[**Click to Sign up for Family to Family**](#)



NAMI Smarts for Advocacy - Free to attend

- Saturday February 23 from 9a-3p
- Saturday March 23 from 9a-3p

Turn your passion into a positive voice for mental health with NAMI Smarts for Advocacy training. NAMI Smarts will enhance your advocacy skills and help you shape a powerful and personal story that will move policy makers. This workshop provides step-by-step tools and the hands-on practice you need to feel clear, confident and ready to make a difference.

[**Click to Sign Up for 2/23 Session**](#)

[**Click to Sign Up for 3/23 Session**](#)



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