



What is the NAMI Family to Family Education Program? NAMI Family to Family is a free, 12-session education program for family, partners, friends and significant others providing care for adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar, disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

NAMI Arkansas, the State Chapter of the National Alliance on Mental Illness, will offer its NAMI Family-to-Family Education Program for the spring session, beginning Monday, March 4th, 2019. It will be held on Mondays from 6:30 p.m. - 9:00 p.m. in Little Rock, AR.

**Contact us to register for this NAMI Family-to-Family Class!
Marquitta Magnini (870)550-0369 or Connie Detmers (870)879-4514**

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 Arkansas and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

