

GRACE UNITED CHURCH OF CHRIST
8326 MEXICO ROAD
ST. PETERS, MO 63376

CLASS STARTS MONDAY JANUARY 28, 2019
CLASS ENDS MONDAY APRIL 15, 2019
7:00PM—9:30PM

REGISTRATION IS REQUIRED.

FOR MORE INFORMATION CONTACT US AT

314-962-4670 OR VISIT OUR WEBSITE AT

www.namistl.org/programs-2/nami-family-to-family/



ABOUT THE NAMI FAMILY-TO-FAMILY EDUCATION PROGRAM

NAMI Family-to-Family is an educational course for family, caregivers and friends of adults living with mental illness.

What you should expect:

- Classes meet for twelve sessions, 2.5 hours each, free of cost.
- Classes are designed for loved ones (over age 18) of individuals with mental illness.
- Classes are taught by trained family members of individuals living with mental illness.
- You will be provided with critical information and strategies related to caregiving.
- Classes incorporate presentations, discussions and interactive exercises.
- Designated an Evidence Based Practice in 2013 by SAMHSA.

Why you should attend, you will receive:

- Up-to-date information on a range of mental illnesses, including co-occurring illnesses and substance use disorders.
- Impact of mental illness on the brain.
- Current research on treatments including medication, side-effects and evidence-based therapies.

Training in preparedness and emotional resiliency:

- Skills related to managing crises, solving problems and communicating effectively.
- Strategies for self-care including management of stress and emotional overload.
- Guidance on locating appropriate local supports and services.

To register go to www.namistl.org/family-to-family or call us at 314-962-4670.

Proud member of

United Way
of Greater St. Louis



Go to www.namistl.org for additional dates and locations.

NAMI St. Louis
1810 Craig Road, Suite 124
St. Louis, MO 63146

www.namistl.org 314-962-4670