

**DIVERSIFIED HEALTH & WELLNESS CENTER**  
11042 MANCHESTER ROAD  
ST. LOUIS, MO 63122

**CLASS STARTS MONDAY FEBRUARY 18, 2019**  
**CLASS ENDS MONDAY MAY 6, 2019**  
**6:30PM—9:00PM**

**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/](http://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](http://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](http://www.namistl.org) for additional dates and locations.

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

[www.namistl.org](http://www.namistl.org) 314-962-4670