

Are you ready to take more action? Join us in this upcoming class!

NAMI Family to Family Class

This is a free 8-session peer education program for **family members, significant others and friends of people with mental health conditions.**

NAMI Family-to-Family is taught by NAMI-trained family members who have been there and includes crisis preparation, education on mental health, discussions and interactive exercises. It is open to adults and those 14-17 if attending as a participant and accompanied by a parent or guardian.



Care about someone's mental health?

Then this is a class for you--learn & share with others...

Dates/Times: Tuesday evenings from 6:00-8:30 pm

When: May 4 – June 22 (29 if necessary) 2021

The number of participants will be limited to 10-12.

NOTE: The meeting place will be in Mattoon at Marshall Avenue Christian Church.

TO REGISTER for Family-to-Family: Call Sue at 217-259-2550 or Donna at 217-273-9934 or email info@namichampaign.org.

We are here to guide you through these tough times...

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 advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need. See the website at nami.org. or call the NAMI Helpline at 800-950-6264 or send an email to info@nami.org.