

What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a 12-session education program for family, partners, friends, and significant others of 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. Family-to-Family is offered at no cost to participants.

NAMI Keystone Pennsylvania, the official state NAMI organization in Pennsylvania, offers the **NAMI Family-to-Family Education Program** throughout the year in various locations. Visit www.namikeystonepa.org to learn more about the NAMI Family-to-Family course and other NAMI Signature Education programs.



Participant Perspective

“This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother.”

**Contact NAMI Keystone PA to register for the course.
1-888-264-7972 or email
info@namiswpa.org**

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 Keystone Pennsylvania 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.