



# **NAMI** Family-to-Family

National Alliance on Mental Illness

**A FREE psychoeducational class for family and friends of individuals living with mental health conditions**

The Family-To-Family Education Program is a 12-week course for family caregivers and friends of individuals living with a serious mental illness. Family to Family is taught by trained family member volunteers.

**All instruction and course materials are free for class participants.**

The Family-to-Family curriculum utilizes a variety of teaching techniques and includes a broad range of topics:

- Information about all the major mental health conditions
    - Coping skills, handling crisis and relapse
    - Listening and communication techniques
  - Problem solving and limit setting; rehabilitation
- .....and much, much more!

***FAMILY TO FAMILY will be offered in:***

**WINCHESTER** beginning Tuesday, September 10, 7pm – 9:30pm  
Contact Maureen at 781-864-2336 or [maureen1maureen@aol.com](mailto:maureen1maureen@aol.com)

**BURLINGTON** beginning Thursday, September 12, 6:30pm – 9:00pm  
Contacts: Darlene 978-766-8694 or email [simspec3429@gmail.com](mailto:simspec3429@gmail.com)  
Steve 978-621-3253 or email [shadden@hadlorgroup.com](mailto:shadden@hadlorgroup.com)

**LITTLETON**, beginning Tuesday, September 24, 7pm – 9:30pm  
Contact Phyllis Terrey 978-973-3995 or email [Phyllis.terrey100@gmail.com](mailto:Phyllis.terrey100@gmail.com)  
Sara Dodd at 339-223-3146 or email [shdodd@verizon.net](mailto:shdodd@verizon.net)

**\*\*More info and additional locations at [namimass.org](http://namimass.org)\*\***