Many of our families live with mental illness. As with other issues, mental illness affects not just the individual, but the entire family. If you have a loved one who has been diagnosed with a mental illness, you may feel alone, frustrated, unsure of what to do next or how to help the situation.

NAMI's Family-to-Family Program is designed to educate participants on various topics related to caring for their family members with mental illness. The program has been proven to significantly increase participants' coping and problem-solving abilities. Family-to-Family classes also offer support and understanding, as they are taught in a group format by trained volunteers who are also living with mental illness in their families.

We invite you to register for our next NAMI Family-to-Family Class. This is a 12-session course for family caregivers of individuals with mental illnesses. There is no charge for the course, and instructional materials will be provided.

NAMI Frederick's Fall 2017 Family-to-Family Class:

- WHEN: Monday evenings from 6:30-9, October 2nd through December 18th.
- WHERE   All Saints Episcopal Church, 106 West Church Street, Frederick, MD 21701
- WHY: To improve the family situation by gaining a better understanding of mental illness, coping skills, problem-solving abilities, and resources.
- WHO: Adults aged 18 and up who have a family member with a diagnosed mental illness. Please feel free to forward this email to others you know who may benefit.
- HOW: You may register in 1 of 2 ways –Sign up here at our official signup page our official signup page or Contact Tracy Delia at (240) 385-9575 or tracy.delia@namifcmd.org.

    *** Please note that if you have already signed up at our signup page or through Tracy, you do not need to take further action.

QUESTIONS? Please feel free to contact Tracy at tracy.delia@namifcmd.org or (240) 385-9575 with any questions, concerns or for more information about the class.