

Family-to-Family Classes return this winter!

January 22nd - March 18th

Mondays, 6:30pm-9:00pm

555 Northgate Drive, San Rafael, CA 94903

www.namimarin.org/familytofamily



Contact us to learn more:

 (415) 444-0480

 help@namimarin.org

NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises. The group setting of NAMI Family-to-Family provides mutual support and shared positive impact—experience compassion and reinforcement from people who understand your situation.

no class Feb. 19 - President's Day Observed