



# NAMI

## Family to Family Class

**8 week course**

NAMI SWI is hosting a free 8 week Family to Family class for family members and other caregivers of adults who have a serious mental illness. The class will meet in-person and on Zoom on consecutive Tuesdays starting April 12th and ending May 31st. Course content includes evidence-based information about mental illnesses, treatment options, community resources and skills that caregivers need to cope more effectively with these disorders.

Date: Consecutive Tuesdays beginning April 12, 2022 through May 31, 2022

Time: 6:30 pm to 8:30 pm

Contact: Kelly at [Jefferson@charter.net](mailto:Jefferson@charter.net)

