

NAMI FAMILY-TO-FAMILY EDUCATION CLASS

NAMI SWI is offering Family to Family, a free eight week educational course for family members and other caregivers of individuals who have a mental illness. The class will meet at Emmanuel Church of the Nazarene, 8201 Old St. Louis Rd., Belleville, IL 62223, on consecutive Mondays beginning September 12th and ending on October 31st, 6:30 – 8:30 PM. The course which will be taught by Paul and Diane Borawski includes evidenced-based information about mental illnesses, treatment options, community resources, coping skills and much more. Registration is required. Email diane.bski@live.com to register or for more information.