

Someone I love is living with a mental illness! WHERE CAN I GET HELP?

NAMI Kane County North Offers Free Family-to-Family Education Programs

Family-to-Family Education Program



NAMI Family-to-Family is a 12-session course for families and close friends of adults living with mental illness.

NAMI Family-to-Family is taught by NAMI-trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

The course is designed to facilitate a better understanding of mental illness, increase coping skills and empower participants to become advocates for their family members. Many family members describe the impact of this program as **life changing**.

In the program, participants will learn about:

- Up-to-date information on mental health conditions and how they affect the brain
 - Current treatments, including evidence-based therapies, medications and side effects
 - Finding and using local supports and services
 - How to manage crises, solve problems and communicate effectively
 - Developing the confidence and stamina to provide support with compassion
 - Taking care of yourself and managing your stress
 - The impact of mental illness on the entire family
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This is a free class, but **REGISTRATION IS REQUIRED.**

Please call Laurie at 847-695-7957

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Visit us at www.namikcn.org

