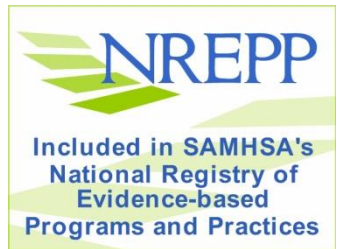




NAMI Family-to-Family

National Alliance on Mental Illness



What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with a mental health condition. The course is designed to help all family members understand and support their loved one living with a mental health condition, while maintaining their own well-being. The course includes information on conditions such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with a mental health condition.

NAMI Kane-south, DeKalb, and Kendall Counties, the local organization of the National Alliance on Mental Illness, will offer its NAMI Family-to-Family Education Program for the fall, beginning Tuesday, September 10 through November 19 . It will be held on Tuesdays from 6:30 p.m. - 9:00 p.m. in Aurora, IL.



Participant Perspectives

“This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother.”

“The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this.”

Contact us to register for this NAMI Family-to-Family class!



National Alliance on Mental Illness

Kane-south, DeKalb and Kendall Counties

Holly Zak
NAMI KDK
400 Mercy Lane
Aurora, IL 60506
630-896-6264
education@namikdk.org

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by a mental health condition. NAMI KDK is an affiliate of NAMI Illinois. NAMI KDK and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with a mental health condition and their loved ones.