

## **NAMI Family-to-Family Education Program**

NAMI Central Mississippi, the local organization of the National Alliance on Mental Illness, will offer its NAMI Family-to-Family Education Program beginning April 7, 2015. This class will be taught by Pat Montgomery and Bonnie Neorr. Meeting days are Tuesday and Thursday weekly.

### **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 mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses 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 mental illness.

[NAMI Family-to-Family Video](#)

### **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.”

Interested in attending?

Sign up [here!](http://namims.yolasite.com/attend-a-course.php) <http://namims.yolasite.com/attend-a-course.php>

We have 18 slots available for this course! Pass it on!

Tameka Tobias, Executive Director  
National Alliance on Mental Illness - NAMI Mississippi  
2618 Southerland Street  
Jackson, Mississippi 39216  
(o) 601-899-9058  
(c) 601-850-7288  
Email: [tsmith@namims.org](mailto:tsmith@namims.org)  
Website: [www.namims.org](http://www.namims.org)