



Darke, Miami and
Shelby Counties

NAMI Family-to-Family

NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people with mental health conditions. Research-based evidence shows that the program significantly improves the coping and problem-solving abilities of people closest to a person with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members with personal experience, and includes presentations, discussions and interactive exercises.

NAMI Family-to-Family provides information and strategies for taking care of the person you love. And most importantly, you'll learn that you're not alone. Recovery is a journey, and there is hope.

The group setting of NAMI Family-to-Family provides mutual support and shared positive impact -- experience compassion and reinforcement from people who understand your situation. Sharing your own experience may help others in your class.

Classes cover the following topics:

- How to solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Supporting your loved one with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- How to handle a crisis
- Current treatments and therapies
- The impact of mental health conditions on the entire family

Session meets
Tuesdays 6:30 to 9PM for 8 weeks
Starting July 12—Aug 30 2022

VIRTUAL ONLY

Facilitators:
Molly Helmlinger
Karen Eberle

Register at

www.namiofdms.org/family-to-family
or email Connect@NAMIOFDMS.org

"The course gave me hope that it will be okay, that I am not alone and reduced a lot of shame, guilt and hopelessness."

"Before I took the course, I felt alone and overwhelmed dealing with my daughter's mental illness. By taking this course, I have met others who are going through the same things I am and have learned about many resources that I never knew existed."