

NEW FALL CLASS OFFERINGS!

FAMILY TO FAMILY Class Begins: Monday, August 28th, 2023

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

NAMI Family-to-Family not only provides information and strategies for taking care of the person you love, but you'll also find out 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. In the program, you'll learn about:

- 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
- Class is free and confidential

Class runs: Mondays, August 28th, 2023 for 8 weeks

Time: 6:00 to 8:00 PM

Registration: Barb Otting, Director of Families – (563) 590-2512 or barb@namidubuque.org

Facilitators: Barb Otting & Mark Otting

NAMI Dubuque

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