



# NAMI

# Pensacola

**National Alliance on Mental Illness**

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## Family to Family Class Starts in September

For the second time this year, the Family to Family class will be offered for the families and friends of those who suffer from mental illness in our own community. This free 12-week class will be held from September through November, and will be conducted by two NAMI-trained facilitators, Jerry Valanzano and Linda Finkelstein. The class includes lectures, discussions and interactive exercises, and each participant receives a binder to keep.

It is taught by trained NAMI members who have lived with this experience. It focuses on the knowledge and skills you need to cope more effectively:

- Gain insight into how mental illness affects your loved one.
- Take a look at current brain research and medications.
- Find out how to become an advocate for the mentally ill.
- Learn to cope with stress and focus on taking care of yourself.



Many have described this program as life-changing. Thousands of individuals just like yourself have gained information, insight, understanding and empowerment through this experience. The Family to Family class is the signature program of the National Alliance on Mental Illness.

To register for the Family to Family class, send an email to [namipensacola@gmail.com](mailto:namipensacola@gmail.com) with your name, phone number, email address and the names of any others you are bringing with you. Make sure you can commit for 12 weeks, as space is limited and no one will be allowed to join the course after the third session.

**Meetings for This Month:** The fourth Thursday educational meeting for August has been postponed until September, due to illness on the part of our presenter. The second Thursday support meeting will be held Thursday, July 11, 7:00 - 8:30 pm at Lakeview Center, Building I, 1201 N H Street, between Hernandez & Lakeview. At the support meeting, you can talk informally with NAMI members who have been coping with a mentally ill family member or friend for years.

**Upcoming Meetings:** Meetings for September will be Thursday, September 8th, 7:00-8:30pm at Lakeview Center and Thursday, September 22th, 6:00-7:30pm at The Pavilion. For more information, email [namipensacola@gmail.com](mailto:namipensacola@gmail.com) or call 208-1609.