

Family-to-Family Education Program

**This FREE 12-week course starts March 14, 2017,
to provide education and support for the families and
friends of the mentally ill in our community.**

It is taught by trained NAMI members who have lived with this experience, and focuses on the knowledge and skills you will need.

- 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 describe the impact of this program as life-changing. Join the thousands of individuals just like yourself who have gained information, insight, understanding and empowerment.

The course is a service of NAMI Pensacola, free to the public. **You are not alone!**



**The Family-to-Family Course starts Tuesday, March 14, 2017,
6:30-9:00 pm at The Pavilion at West Florida Hospital,
2191 E Johnson Avenue (corner of Johnson & N Davis)**

To register, email namipensacola@gmail.com with your name, phone, email address and the name of anyone coming 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.