



National Alliance on Mental Illness

## Pensacola

**Are you concerned  
about the mental  
health of your loved  
one?**

**Do you feel stressed  
by the challenges of  
coping every day,  
not knowing what is  
the best way to go?**

**Get information and  
support through the  
Family to Family  
Class!**

**The Family-to-Family Course  
will run for 12 consecutive  
Tuesdays, 6:30-9:00 pm at The  
Pavilion at West Florida Hospi-  
tal, 2191 E Johnson Avenue  
(corner of Johnson & N Davis)**

**For more information:  
850 208-1609,  
namipensacola@gmail.com,  
NAMI Pensacola.com, or  
Facebook: NAMIPensacola**

# Family-to-Family Education Program Starts January 23, 2018

This FREE 12-week course provides 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!**



**To register, email [namipensacola@gmail.com](mailto: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.**