

The NAMI Family-to-Family Education Program

~ Family-to-Family ~
Support & Education for
Family & Friends
of Those with Mental Illness



Holy Family Catholic Church in Caledonia is pleased to be hosting a class for family and friends of people living with mental illness, such as anxiety, depression, bipolar disorder, autism, personality disorders, ADHD, PTSD, OCD, and many others. The National Alliance on Mental Illness will be holding the class here. Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises. The class begins September 13 at 6:30-8:30pm.

What You'll Gain

NAMI Family-to-Family not only provides critical 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—you can experience compassion and reinforcement from people who understand your situation. You can also help others through your own experience. In the program, you'll learn about:

- How to manage crises, solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Developing the confidence and stamina to provide support with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- Current treatments, including evidence-based therapies, medications and side effects
- The impact of mental illness on the entire family

What People Are Saying

"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."

Sign Up For A Class

Call or email the parish office to register for the class. Ask for Christine Shafer, 616-891-9259 x224 or email cshafer@holyfamilycaledonia.org
9669 Kraft Ave. SE, Caledonia

