A FREE psychoeducational class for family and friends of individuals living with mental health conditions

The Family-To-Family Education Program is a 12-week course for family caregivers and friends of individuals living with a serious mental illness. Family to Family is taught by trained family member volunteers.

*All instruction and course materials are free for class participants.*

The Family-to-Family curriculum utilizes a variety of teaching techniques and includes a broad range of topics:

- Information about all the major mental health conditions
  - Coping skills, handling crisis and relapse
  - Listening and communication techniques
  - Problem solving and limit setting; rehabilitation

......and much, much more!

**FAMILY TO FAMILY will be offered in:**

**WINCHESTER** beginning Tuesday, September 10, 7pm – 9:30pm
Contact Maureen at 781-864-2336 or maureen1maureen@aol.com

**BURLINGTON** beginning Thursday, September 12, 6:30pm – 9:00pm
Contacts: Darlene 978-766-8694 or email simspec3429@gmail.com
Steve 978-621-3253 or email shadden@hadlorgroup.com

**LITTLETON**, beginning Tuesday, September 24, 7pm – 9:30pm
Contact Phyllis Terrey 978-973-3995 or email Phyllis.terrey100@gmail.com
Sara Dodd at 339-223-3146 or email shdodd@verizon.net

**More info and additional locations at namimass.org**