



# **NAMI** Family-to-Family

National Alliance on Mental Illness



## **A Free Education Program**

**Every Tuesday**

**Jan. 14th – March 4th**

**2:00 pm – 4:00 pm**

### **Education and Support for Families**

**Oberlin Depot**

**240 S Main St. Oberlin, OH. 44074**

- Open to adult (18+) family members and friends of people who have a mental health condition
- Gain practical and up-to-date information about mental health conditions
- Discover problem solving techniques, coping strategies and communication skills
- Learn how to advocate for your family member through the mental health system
- Meets weekly for 8 sessions
- Taught by trained NAMI program leaders

**TO REGISTER PLEASE CALL (440)240-8477**

**OR EMAIL [office@nami-lc.org](mailto:office@nami-lc.org)**