



NAMI's Family-to-Family is an evidence-based, educational program for family members and friends of people living with mental illness taught by teachers who have also lived with these experiences.

Pueblo West
9:30 A.M.- 12 P.M.
Thursdays beginning
August 31
to November 16, 2017

LEARN ABOUT:

- Mental health conditions
- Current treatments and therapies
- Problem solving and communication skills
- Coping strategies for worry and stress
- Advocating for your family member
- Supports and services

Both classes will meet once a week for 12 weeks. Registration is required and the location address will be given to those who register.

Register at:
www.namisoutheastco.org,
call 719- 315-4975, or send an email
to namisoutheastco@gmail.com

**CLASSES ARE FREE AND
OPEN TO THE PUBLIC!**

Canon City
6-8 P.M.
Wednesdays
beginning Oct. 4th to
Dec. 20th

