



NAMI

National Alliance on Mental Illness

McHenry
County

Join Us!



Family-to-Family

Tuesdays: March 6, 2018 - May 22, 2018

6:30 - 8:30 pm

NAMI McHenry County, 620 Dakota Street, Crystal Lake (front building, rm. B/C)

What is NAMI Family-to-Family? A **FREE**, 12-session course for family, partners, friends and significant others of people living with mental illness. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with a mental health condition. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. It is designed to help Adult family members understand and support their loved one living with mental illness, while learning to maintain their own well-being.

Thousands of families describe the program as life-changing!

Here's what two participants had to say...

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother."

**You Are
Not Alone**



**There
is Hope!**

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

If you are interested in taking this educational course, call **Tina Karaway** at 815.308.0854 or email her at tkaraway@namimchenrycounty.org.

Call TODAY!