

NAMI Idaho presents

Family-to-Family

April 25 - June 13, 2024

6:30 - 9:00 PM MST

Hybrid In-Person: 4800 W Fairview Ave Boise, ID 83706

Hybrid Online: Zoom (link provided after registration)

NAMI Family-to-Family is a free, 8-session education program for family, friends and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery.

The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program. For information on the research base for the program, visit nami.org/research.

Learn more and register by emailing
familysupport@namiidaho.org

Questions? Email familysupport@namiidaho.org
Class size is limited

