

nami Family-to-Family

National Alliance on Mental Illness



A free, 8-session educational program for family, significant others, and friends of people with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. **This 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.

Saturdays 9:00 – 11:30 a.m.

June 1 – July 27*

Lorraine Ave. Mennonite Church

655 S. Lorraine Ave. Wichita, KS 67211

Instructors: Treva Lichti, Eugene & Claudia Davis

*Class will not meet July 6 in observance of Independence

Topics Covered

Mental Health Conditions

Local Supports and Services

Crisis Management

Current Treatments and Therapies

Communication and Problem Solving

Self Care

Impact on Family

And more!

REGISTRATION REQUIRED, PLEASE USE QR CODE TO THE RIGHT OR FOLLOW THIS LINK:

<https://forms.gle/RzDQgLkio2SbB8st6>

WWW.NAMIWICHITA.ORG

P.O. BOX 2435
WICHITA, KS 67201
316-686-1373



FOR ASSISTANCE, CONTACT
T.GWYNN@NAMIWICHITA.ORG OR 316-250-6188

