

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.

September 14 – November 2

Lorraine Ave. Mennonite Church

655 S. Lorraine Ave. Wichita, KS 67211

Instructors: Treva Lichti, Eugene & Claudia Davis

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

<https://forms.gle/9Rxws9xeQmMitnx69>

WWW.NAMIWICHITA.ORG

P.O. BOX 2435

WICHITA, KS 67201

316-686-1373

FOR ASSISTANCE, CONTACT

T.GWYNN@NAMIWICHITA.ORG OR 316-686-1373



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!

