

What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. 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 mental illness.

DUMFRIES

Tuesday and Thursday evenings

June 5 - July 16, 2018

6:00 p.m.-9:00 p.m.

ACTS

3900 Acts Lane, Dumfries, VA 22026




Participant Perspectives

“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.”

“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.”

REGISTRATION IS REQUIRED. Call the number below to register!

Hosted by  **ACTS**
ACTION in Community
Through Service

 **NAMI** | **Prince William**
National Alliance on Mental Illness
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703-659-9983 info@nami-pw.org