

REGISTER NOW FOR

Family-to-Family

NAMI Family-to-Family is an eight-week class for loved ones of people living with a mental health condition

Topics to be covered include:

- Basics of brain biology
- Treatment options
- Different experiences of mental health conditions
- Coping strategies
- How to support and advocate for your loved one

Dates: April 2nd-May 21st, 2024

Schedule: Tuesdays, 5:30-7:30 PM

Format: Online via Zoom



Register online at
tinyurl.com/SPRING24F2F, call
the NAMI Multnomah Helpline at
503-228-5692, or scan here