



National Alliance on Mental Illness

# NAMI Family-to-Family

NAMI Family-to-Family is a free educational program for loved ones of people who have experienced symptoms of a mental health condition.

The class is taught by NAMI-trained family members who have been there, and includes presentations, discussion, and interactive exercises.

Register now for our upcoming class!

**Dates:** October 4th - November 29th, 2023\*

**Schedule:** Wednesdays, 4:00 PM - 6:00 PM PST

*\*Skips November 22nd because of Thanksgiving*

**Format:** Online via Zoom

Register online at

[tinyurl.com/Fall23F2F](https://tinyurl.com/Fall23F2F), call the NAMI

Multnomah HelpLine at

503-228-5692, or scan here →



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# NAMI Multnomah