

**NAMI Family-to-Family is a free, 8-session education program for family, friends and significant others of adults with mental health conditions.** NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery.

**The 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 (EB). This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition or symptoms. For information on the research base for the program, visit [nami.org/research](https://nami.org/research).

NAMI Wichita offers the NAMI Family-to-Family Education Program free of charge to participants beginning **Saturday, October 21, 2023 through December 16, 2023**. It will be held in-person every Saturday (except for Thanksgiving Weekend) from 9:00 – 11:30 a.m. at the Lorraine Ave. Mennonite Church in Wichita, Kansas. Registration required (see below).



### Participant Perspectives

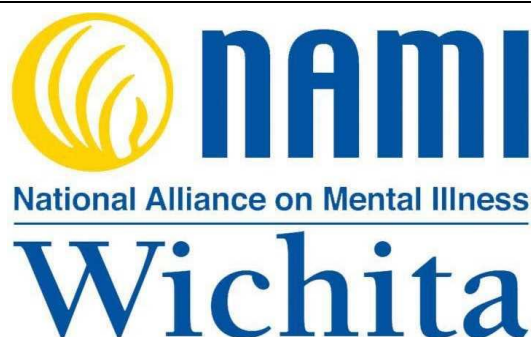
*“This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers...it has helped me to understand better and communicate more effectively with my brother.”*

*“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.”*

To register, please use the QR code or visit:  
<https://forms.gle/iUodvJ5YiiRnNBqU9>

### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI **Wichita** is an affiliate of NAMI **Kansas**. NAMI **Wichita** and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy, and support group programs for people in our community with mental health conditions and their loved ones.



For more information, questions, or difficulties registering, please contact Tara Gwynn:  
Via email: [t.gwynn@namiwichita.org](mailto:t.gwynn@namiwichita.org)  
Via phone: 316-712-4933

Visit NAMI Wichita at: <https://www.namiwichita.org/>