



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). For information on the research base for the program, visit nami.org/research.

NAMI offers the NAMI Family-to-Family Education Program free of charge to participants via Zoom and also in person. For more information and how to register, please contact **NAMI Franklin County**, 614-501-6264 or email karen@namifc.org.

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.”



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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 Franklin County is an affiliate of NAMI Ohio. NAMI Franklin County 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.

2025 Family-to-Family Class Registration

NAMI Franklin County education programs are free but do require advance registration. Please select and mark the desired class date in the leftmost column below.

Class day and date	Location	Time
Tuesday, Jan. 28-March 18, 2025	Zoom —Meeting ID and Passcode will be emailed before the first class.	6:00-8:30 p.m.
Wednesday, June 4 – July 23, 2025	To be determined	6:00-8:30 p.m.
Tuesday, Oct. 7-Nov. 25, 2025	To be determined	6:00-8:30 p.m.

Note: Family-to-Family classes are for the family, friend, partner, or caregiver of the person with mental illness. They are not for the person with the diagnosis.

- Name _____
- Address _____
- City and ZIP _____
- Phone _____ Email _____
- Emergency contact name _____ Phone _____
- Who is the person with the mental health condition (e.g., your parent, spouse, sibling, in-law, son, daughter, etc.)? _____
- How old is the person with the mental health condition? _____
- What is the diagnosis? _____
- How long has he or she had symptoms? _____
- Are you involved with their care and/or do you interact with them regularly?
- **For in-person classes only:** Do you have a handicap that requires accommodation in the classroom? _____
- How did you hear about the class? _____
- Can you attend all classes? _____ **Please do not rotate other family members or send a representative to class.**

This class uses a teaching curriculum with various learning modules for each week. Each session builds upon material presented in previous weeks. Weekly class attendance is of primary importance. It is not a support group setting; however, throughout the class you will receive support.

Please return this form to Karen Cousins: karen@namifc.org.