



Cape Ann

The Nation's Voice on Mental Illness

Family-to-Family Education Program

New, 8-week session starts Wednesday, March 3, 2021

Family-to-Family is a *free*, evidence-based 8-week educational course for families, partners, and friends of individuals with serious mental health challenges – taught by NAMI-trained family member volunteers – providing resources, insights, coping skills, and genuine support.

Those interested in joining this class should contact Dori Prescott (glendori@verizon.net) or George Howe (gehowe@comcast.net) and put “NAMI” in the email subject line.

There is no cost to participate, but you need to preregister.

Visit namimass.org for information on all upcoming sessions.

Classes will be held virtually, using Zoom.

www.namicapeann.org

You are not alone. • We can help!

Affiliate of NAMI Massachusetts • www.namimass.org

National Alliance on Mental Illness

NAMI Helpline: 1-800-950-NAMI or Email info@nami.org