



NAMI LIVINGSTON/MCLEAN COUNTIES **FAMILY-TO-FAMILY**

****FREE**** NINE-WEEK EDUCATION CLASS

SEPT 19, 26, OCT 3, 10, 17, 24, 31, Nov 7, 14
9:00-11:45 AM

WESLEY UNITED METHODIST CHURCH
502 EAST FRONT STREET, BLOOMINGTON, ILLINOIS

Why You Should Attend

A toolkit of information

Up-to-date information about a range of mental illnesses, including co-occurring mental illnesses and substance use disorders. Impact of mental illness on the brain. Current research on treatments including medication, side effects and evidence-based therapies.

Training in preparedness and emotional resiliency

Managing crises, solving problems and communicating effectively. Self-care including management of stress and emotional overload. Guidance on locating appropriate local supports and services.

A community

Perhaps most importantly, as a participant you gain comfort in knowing you are not alone. Recovery is a journey and there is hope for all families and individuals dealing with a mental illness. The in-person group experience of NAMI Family-to-Family provides the opportunity for mutual support and positive impact. You experience compassion and reinforcement from people who relate to your experiences. Through your participation, you have the opportunity to help others grow.

**TO REGISTER ONLINE: [HTTP://NAMILIVINGSTONMCLEAN.ORG](http://NAMILIVINGSTONMCLEAN.ORG)
OR CALL 309-287-9913**