

A free 8-week class for people whose adult loved ones live with mental illness. Taught by specially trained volunteers with lived experience.

Topics include:

- Biology of mental illness
- Communication and problem-solving skills
- Medications and side effects
- Addictions and mental health issues
- Dealing with crisis and relapse

Registration is required. Call 503-228-5692 or email education@namimultnomah.org to register for the following class:

Dates: January 30- March 20, 2021

Schedule: Saturdays, 9:30 AM - 12:00 PM

For more information please visit:

www.namimultnomah.org/family-to-family

Can't make this class?

Classes begin in winter, spring, and fall!



NAMI Multnomah
namimultnomah.org
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info@namimultnomah.org

