

A free 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 503-200-2900 to register for one of the following classes:

Dates: January 9 - March 19, 2020
Schedule: Thursdays at 6:30 PM - 9:00 PM
Location: Legacy Emanuel

Dates: January 11 - March 21, 2020
Schedule: Saturdays at 9:30 AM - 12:00 PM
Location: Providence Portland

For more information please visit:
www.namimultnomah.org/family-to-family

Can't make one of these classes?
Classes begin in winter, spring, and fall.
Call 503-200-2900 to register.



NAMI Multnomah
namimultnomah.org
503-228-5692
info@namimultnomah.org

