



# **NAMI** Family-to-Family

National Alliance on Mental Illness

Thursdays 6:30–9 PM  
September 14 – November 2

In-person at the NAMI Mercer Center  
1235 Whitehorse Mercerville Road, Bldg. C, Suite 303  
Hamilton, NJ 08619

Family to Family is an 8-session educational program offered at no charge for family members and friends of adults (18+) living with mental illness. You will receive up-to-date information about serious mental health conditions and the best treatment options. You will learn coping strategies and how to become an effective advocate, while maintaining your own well-being. Family-to-Family teachers create an environment of understanding and support based on their own lived experience. Family-to-Family has been designated as an evidence-based program by SAMHSA. Sessions are offered in the spring and in the fall

Register online at:

[http://weblink.donorperfect.com/F2F\\_Fall2023](http://weblink.donorperfect.com/F2F_Fall2023)

