



National Alliance on Mental Illness

nami Atlantic/Cape May

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FAMILY TO FAMILY EDUCATION COURSE

Join our class waiting list: nami1557@comcast.net stating your name, email address, best phone number.



A beacon of hope for families, significant others, and friends of people with mental health conditions. This free, eight-week program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition. The in-person program has been suspended due to COVID 19 restrictions, but a virtual program is planned in 2021.

Tributes from our class participants

“If it weren’t for the understanding our family gained from this program, we were hopeful that our 20-year old son with promising future as a computer programmer could recover from his mental illness.”

“When we stopped arguing with our daughter’s depression symptoms, our relationship improved.”

“I stopped resenting my brother when I understood how his mental illness impacted our family and was able to relate to him more effectively than my parents.”

“This class broke my isolation as I suffered trying to cope with my mother’s bipolar disorder.” “I can reject guilt that I caused my twins’ mental illness because mental illnesses are brain disorders that require medical treatment.”

