

# Family-to-Family

*Does your loved one live with a mental illness?*



A  
ADULT

**Sundays, start date:  
Jan 5- March 22  
5:00pm – 8:00pm**

## **Grand Rapids**

Kiesler Wellness Center  
3130 SE 2<sup>nd</sup> Ave

For questions and to register  
for this free class contact –  
**Taylor at 218-244-4717**



1919 University Ave. W., Ste. 400  
St. Paul, MN 55104  
Phone: 1-651-645-2948  
Toll Free: 1-888-626-4435  
[www.namimn.org](http://www.namimn.org)

## **Class Description:**

Learn about mental illnesses, the brain, treatment, and resources to help a loved one living with a mental illness. Attendees will also build communication skills, reduce stress, find support and discover the common Stages of Emotional Responses when supporting someone with a mental illness.

This workshop meets weekly for two and a half hours for 12-weeks and is for family and friends of an adult living with a mental illness.



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.