



Are you close to someone living with a mental illness?

NAMI Chippewa Valley is offering its **Family-to-Family Program** to families, caregivers and friends of individuals with mental illness.

The course is designed to:

- help understand mental illness
- increase coping skills
- empower participants

There is no cost to participants!

To learn more about this free class or to enroll, please call the number shown below.



March 25 – May 13, 2020
Wednesdays 6:00-8:30 pm
Held in Eau Claire.
Location provided upon registration

“This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother.”



NAMI
National Alliance on Mental Illness

Chippewa Valley

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About NAMI Affiliate

NAMI Chippewa Valley and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.