



National Alliance on Mental Illness

Class Presented by
NAMI MID-HUDSON
www.namimidhudson.org

845-206-9892

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Is your loved one experiencing symptoms of a mental health condition?
Is your loved one refusing treatment? Has your loved one been hospitalized?
Are you having a hard time coping?

Register now and attend NAMI Mid-Hudson's
Free 8-week evidence-based educational class

Family-to-Family

This course teaches knowledge about mental health conditions, treatment, medication, self-care strategies, wellness, plus the skills to more effectively solve problems and communicate better with your loved one.

Anxiety, Major Depression, Bipolar Disorder, Schizoaffective Disorder, Schizophrenia,
Borderline Personality Disorder, Panic Disorder, PTSD, OCD,
Co-Occurring Substance Use Disorders

Class size is limited! Pre-registration is required.
Every Monday for 8 weeks, virtually via Zoom.

September 19th – November 7th, 2022 6:30 pm – 9:15 pm

To register, please call 845-206-9892 or
email: contact@namimidhudson.org



Paid in Part by Dutchess County Department of Behavioral and Community Health

In 2022 NAMI Mid-Hudson will hold three Family-to-Family classes.
For more information, please visit: www.namimidhudson.org