



Greater Houston

Do you care for someone living with the symptoms of a mental health condition?

Major Depression, Bipolar Disorder (Manic Depression), Schizophrenia, Schizoaffective Disorder, Borderline, Panic Disorder or Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder, Traumatic Brain Injury, Co-occurring Brain Disorders, Addictive Disorders or other mental illness conditions?

We have a free mental health education classes to offer you and other family members!

For Family Members, we offer: our Family-to-Family course which is

a 12-week class, meeting once per week, to help you support individuals diagnosed with mental health concerns while maintaining your own well-being.

The course is taught by trained NAMI family member volunteers who know what it's like to have a loved one struggling with one of these conditions. There is no cost to participate in Family-to-Family. We think you will be pleased by how much assistance the program offers.

For more information or questions about these mental health courses, please call 713-970-4419 or email us at register@namigreaterhouston.org.

| Class Name | Time | Location |
|--|---------------------------------|-------------------|
| FALL 2018 ROSTER | | |
| Family-to-Family Oct 2, 2018 | Tuesdays 6:30 pm - 9:00 pm | The Woodlands |
| Family-to-Family Sept 27, 2018 | Thursdays 6:30 pm - 9:00 pm | West University |
| Family-to-Family Sept 13, 2018 | Thursdays 6:30 pm - 9:00 pm | Memorial |
| Family-to-Family Sept 8, 2018 | Saturdays 9:30 am - 12:00 pm | Clear Lake |
| Family-to-Family Sept 10, 2018 | Mondays 6:00 pm - 8:30 pm | Stafford |
| NAMI HOMEFRONT CLASS FOR MILITARY FAMILIES | | |
| NAMI Homefront Sept 6, 2018 For Military families | Thursdays 6:30 pm - 9:00 pm | VA Hospital |
| Course offered in Additional Translations | | |
| De Familia a Familia (Spanish only) | Thursdays 6:30 pm - 9:00 pm | Southwest Houston |
| Family-to-Family 家庭到家庭 (Chinese only) | Saturdays 1:00 pm - 3:30 pm | Missouri City |
| Spring 2019 | | |
| Family-to-Family January 2019 | | Central Houston |

TO REGISTER: 713-970-4419 or 713-970-4435
or email register@namigreaterhouston.org
Must be eligible to attend. Registration required