



## NAMI Family-to-Family Course in Cape Girardeau

NAMI Family-to-Family is a free multi-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

NAMI Missouri will offer NAMI Family-to-Family in Cape Girardeau for 11 consecutive Thursdays, beginning May 2, 2019. Details and registration information is online at [namimissouri.org/ftf](http://namimissouri.org/ftf).



### NAMI FTF Course Information

**Dates:** Thursdays, May 2 – July 11, 2019

**Time:** 6:00 pm – 8:00 pm

**Location:** Saint James AME

**Address:** 516 North Street  
Cape Girardeau, MO 63701

**Notes:** This free, 11-session course will run for eleven consecutive Thursdays. Registration is required. Register online at [namimissouri.org/ftf](http://namimissouri.org/ftf).

### For more information, contact:

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### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Missouri is an affiliate of NAMI national. NAMI Missouri 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.