

NAMI Family-to-Family Education Program is a **free**, 11 session educational program designed for family members, partners, friends and significant others of adults living with a mental illness. The course is designed to help participants understand and support their loved one living with mental illness, while also maintaining their own well-being. Thousands of families have described the program as life changing. NAMI-trained family members, with “lived experience”, teach this program.

“You don’t have to deal with mental illness in isolation”!

NAMI of Southwest Michigan will offer two (2) NAMI Family-to-Family Education Programs, during 2020, on Tuesdays from 6:00-8:30 pm at ISK’s 418 W. Kalamazoo Ave. location:

SPRING PROGRAM: March 17 thru May 26, 2020

FALL PROGRAM: August 18 thru October 27, 2020



Participant Perspectives

“This course overall was, without a doubt, the single most 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.”

“The course has helped me to realize that my son is still inside the body, which is affected by a mental illness, and that I am not alone in this.”

To register for either our Spring, 2020 or Fall, 2020 Family-to-Family Education Programs, contact Richard Thompson, Family Education Program Coordinator, for NAMI of Southwest Michigan at Richard@namikzoo.org



Community • Independence • Empowerment

Family Support Services
ISK, Family Support Service
(269) 364-6961

Integrated Services of Kalamazoo (ISK), in support of the Family-to-Family Education program, has partnered with NAMI of Southwest Michigan, and provides a Family Support Specialist to assist program participants as needed. This Family Support Specialist also provides over-the-telephone, or in-person, emotional support and guidance while helping to problem solve, clarify options and cope during times of crisis.

About NAMI

NAMI of Southwest Michigan 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, as well as their loved ones.