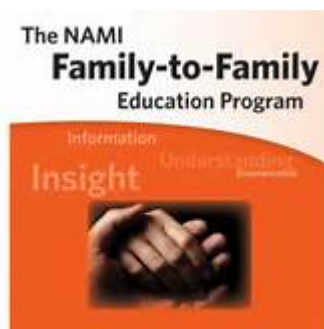


FAMILY-to-FAMILY CLASS STARTS March 4,2019

FOR FAMILIES IN RIDGEFIELD and it Surrounding Towns

AFFECTED BY MENTAL ILLNESS

NAMI Southwest CT, the local organization of the National Alliance on Mental Illness, will offer NAMI's Family-to-Family program beginning Monday, March 4, 2019 in Ridgefield.



NAMI Family-to-Family program is a **free**, 12-session education program for family, partners, friends and significant others of **adults** living with mental illness. The weekly course is open to families from Ridgefield and its surrounding towns. It's designed to help family members understand and support their loved one living with mental illness, while maintaining their own well-being.

Participants will learn about schizophrenia, bipolar disorder, major depression and other mental health conditions from trained teachers who also are family members who know what it is like to have a loved one living with mental illness. Thousands of families describe the program as life-changing.

The program will be held each Monday for 12 weeks, from 6:30 to 9 p.m., at The First Congregational Church of Ridgefield, 103 Main St. Ridgefield, CT.

Pre-registration is required.

For more information, contact:
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