



NAMI Family & Friends

National Alliance on Mental Illness

NAMI Family & Friends is a 2-hour seminar that informs and supports people who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources.

Seminar leaders have personal experience with mental health conditions in their families.

NAMI Mid-Hudson the local organization of the National Alliance on Mental Illness, will offer its next NAMI Family & Friends 2-hour Seminar on

Wednesday, May 22nd, 2024 from 6:30 pm – 8:30 pm on Zoom

To Register visit www.namimidhudson.org



Audience

“The real-life examples that the co-teachers shared were helpful in realizing we are not the only ones going through this and it gave us all some hope for better days for us and our loved ones.”

“Programs like this really reduce the stigma and fear surrounding talking about mental health conditions. I felt supported and understood.”



NAMI Mid-Hudson
845-206-9892
contact@namimidhudson.org

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 health conditions. NAMI Mid-Hudson is an affiliate of NAMI NYS.

NAMI Mid-Hudson and dedicated volunteer 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 health condition and their loved ones.

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For more information, please visit www.namimidhudson.org