

What is the NAMI Family & Friends Seminar?

NAMI Family & Friends is a free, 4-hour seminar that informs and supports family members, partners, friends and significant others who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders are also family members and know what it is like to have a loved one with a mental health condition.

NAMI Austin, the local organization of the National Alliance on Mental Illness, will offer a NAMI Family & Friends Seminar on **Saturday, November 11, 2017**. It will be held from **1 p.m. - 5 p.m.** at **St. Elizabeth Episcopal Church, 725 FM 967, Buda, TX 78610**.



"It doesn't matter how big and how long my tunnel is...
I can see the light at the end.
But if I walk looking at my shoes
I cannot see the light."

—Carlos A., De Familia a Familia de NAMI teacher trainee, 2011

**Contact us to register for this NAMI
Family & Friends Seminar!**



You must REGISTER for this seminar online at:

For more information,
[http://www.namiaustin.org/education/
family-friends/](http://www.namiaustin.org/education/family-friends/)

Email: info@namiaustin.org or

Call: 512-420-9810

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 Austin is an affiliate of NAMI Texas. NAMI Austin 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 illness and their loved ones.