

What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a free, 8-session education program for family, partners, 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 Oregon is offering two Family-to-Family courses via Zoom open to adults anywhere in Oregon who have a loved one who lives with mental illness (select one):

Tuesdays 5:30-8 pm, January 12 – March 2
Saturdays 9:30 am-12 pm, January 16 – March 6



Participant Perspectives

“This course overall was the single most, without a doubt, 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 that is often times hidden by the mental illness and that I am not alone in this.”

Click here to register online: <https://namior.org/f2fcourseregistrationjanmar2021/>

For questions, and to register by
phone, 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 Oregon's dedicated volunteers and members work tirelessly to raise awareness and provide essential education, advocacy, and support group programs for people in our state living with mental illness and their loved ones.