

What is the NAMI Family & Friends Seminar?

NAMI Family & Friends is a **free**, 90 minute 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 Glendale the local organization of the National Alliance on Mental Illness, will offer a NAMI Family & Friends Seminar on:

Saturday April 13, 2019 at Glendale Central Library 222 E. Harvard Dr., Auditorium, Glendale CA 91205

Saturday April 20, 2019 at Glendale Central Library 222 E. Harvard Dr., Auditorium, Glendale CA 91205

All seminars will be from 2:30 pm – 4:00 pm

To register visit <https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-Friends>
Armenian language interpretation available.



“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!**



Glendale

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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 Glendale is an affiliate of NAMI CA. NAMI Glendale 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 with mental illness and their loved ones.

Join us for a free event at Downtown Central Library

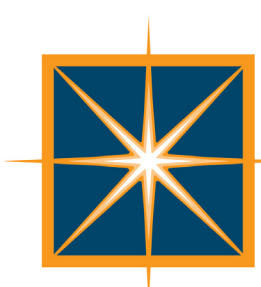
HEALTHY MINDS FAIR

Access your community mental health services and other support programs!

- Painting Exercises
- Stress Management
- Conflict Management Techniques
- Terrarium Project



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*For questions or more information,
contact Tiffany Barrios at (818) 548-2048.*

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