



Family-to-Family

For family members, friends and other caretakers of adults with mental illnesses.

WHAT: **FREE** 12 week course covering all the major mental illnesses designed to help family members understand and support their ill relative.

Topics include symptoms, treatments, crisis and relapse prevention, coping strategies for caregivers, and more.

WHERE: Holmes Community College
Ridgeland Campus

WHEN: Thursday evenings, 6:00 – 8:30
February 6 – April 24

HOW: **Pre-registration required** – call NAMI MS
601.899.9058

National Alliance on Mental Illness – www.nami.org