



Family-to-Family Education Program

Tuesdays 6:00pm-8:00pm beginning September 11, 2018

This is a free 12-week course taught by trained NAMI members who have lived with this experience. The class offers education and support for families and friends of people with mental illness.

- Gain insight into how mental illness affects our loved one.
- Take a look at current brain research and medications.
- Find out how to become an advocate for the mentally ill.
- Learn to cope with stress and focus on taking care of yourself.

This course is a service of Rainier Foothills Wellness Foundation and NAMI Pierce County, and is free to the public. You are not alone!



For more information, call 360-802-3206 or email,
info@rwellnessfoundation.org

Class location in Enumclaw TBD

**ARE YOU
CONCERNED ABOUT
THE MENTAL HEALTH
OF YOUR LOVED
ONES?**

**DO YOU FEEL
STRESSED BY THE
CHALLENGES OF
COPING EVERY DAY,
NOT KNOWING WHAT
IS THE BEST WAY TO
GO?**

**GET INFORMATION
AND SUPPORT
THROUGH THE
FAMILY- TO - FAMILY
CLASS!**

**ATTEND WITH OTHER
FAMILY MEMBERS
JUST LIKE YOU IN A
CONFIDENTIAL
SETTING.**

**GAIN INSIGHT INTO
HOW MENTAL
ILLNESS AFFECTS
YOUR RELATIVES.**

TO REGISTER

Rainier Foothills Wellness
Foundation

www.rwellnessfoundation.org

Select Event, then Class
Registration.