



National Alliance on Mental Illness

Class Presented by
NAMI MID-HUDSON
www.namimidhudson.org

845-206-9892

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Is your loved one experiencing symptoms of a mental health condition?
Is your loved one refusing treatment? Has your loved one been hospitalized?
Are you having a hard time coping?

Register now and attend NAMI Mid-Hudson's
Free 8-week evidence-based educational class

Family-to-Family

This course teaches knowledge about mental health conditions, treatment, medication, self-care strategies, wellness, plus the skills to more effectively solve problems and communicate better with your loved one.

Anxiety, Major Depression, Bipolar Disorder, Schizoaffective Disorder, Schizophrenia,
Borderline Personality Disorder, Panic Disorder, PTSD, OCD,
Co-Occurring Substance Use Disorders

Class size is limited! Pre-registration is required.

Every Monday for 8 weeks, In-Person.

September 29th – November 17th 2025, 6:30 pm – 9:15 pm
(On October 13th we will meet on Zoom)

To register, please call 845-206-9892 or
email: contact@namimidhudson.org



Paid for in part by Dutchess County

NAMI Mid-Hudson will hold three Family-to-Family classes in 2025
For more information, please visit: www.namimidhudson.org