



Are you close to someone living with a mental illness?

NAMI Chippewa Valley is offering its **Family-to-Family Program** to families, friends, and caregivers of individuals with mental illness.

The course is designed to:

- help understand mental illness
- increase coping skills

• empower participants There is no cost to participants!

Sept 20 – Nov 8, 2023

Wednesdays, 6:00-8:30 pm

At Banbury Place in Eau Claire



Scan the QR code below or call 715-450-6484 to register. Please email info@namicv.org for more information.



"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."

Chippewa Valley

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About NAMI Chippewa Valley Affiliate

NAMI Chippewa Valley's dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.