

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.”