



Greater Houston

Do you care for someone living with the symptoms of a mental health condition?

Major Depression, Bipolar Disorder (Manic Depression), Schizophrenia, Schizoaffective Disorder, Borderline, Panic Disorder or Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder, Traumatic Brain Injury, Co-occurring Brain Disorders, Addictive Disorders or other mental illness conditions?

We have a free mental health education classes to offer you and other family members!

For Family Members, we offer: our Family-to-Family course which is

a 12-week class, meeting once per week, to help you support individuals diagnosed with mental health concerns while maintaining your own well-being.

The course is taught by trained NAMI family member volunteers who know what it's like to have a loved one struggling with one of these conditions. There is no cost to participate in Family-to-Family. We think you will be pleased by how much assistance the program offers.

For more information or questions about these mental health courses, please call 713-970-4419 or email us at register@namigreaterhouston.org.

Class Name	Time	Location
FALL 2018 ROSTER		
Family-to-Family Oct 2, 2018	Tuesdays 6:30 pm - 9:00 pm	The Woodlands
Family-to-Family Sept 27, 2018	Thursdays 6:30 pm - 9:00 pm	West University
Family-to-Family Sept 13, 2018	Thursdays 6:30 pm - 9:00 pm	Memorial
Family-to-Family Sept 8, 2018	Saturdays 9:30 am - 12:00 pm	Clear Lake
Family-to-Family Sept 10, 2018	Mondays 6:00 pm - 8:30 pm	Stafford
NAMI HOMEFRONT CLASS FOR MILITARY FAMILIES		
NAMI Homefront Sept 6, 2018 For Military families	Thursdays 6:30 pm - 9:00 pm	VA Hospital
Course offered in Additional Translations		
De Familia a Familia (Spanish only)	Thursdays 6:30 pm - 9:00 pm	Southwest Houston
Family-to-Family 家庭到家庭 (Chinese only)	Saturdays 1:00 pm - 3:30 pm	Missouri City
Spring 2019		
Family-to-Family January 2019		Central Houston

TO REGISTER: 713-970-4419 or 713-970-4435
or email register@namigreaterhouston.org
Must be eligible to attend. Registration required