



NAMI Family & Friends

National Alliance on Mental Illness

What is the NAMI Family & Friends Seminar?

NAMI Family & Friends is a free, 4-hour seminar that informs and supports family members, partners, friends and significant others who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders are also family members and know what it is like to have a loved one with a mental health condition.

NAMI Westside, the local organization of the National Alliance on Mental Illness in Rio Rancho, will offer a NAMI Family & Friends Seminar

WHEN: Saturday, December 2nd, 2017

WHERE: Sabana Grande Recreation Center
4110 Sabana Grande Avenue, Rio Rancho, NM

WHAT TIME: 9:00am – 1:00pm



“It doesn’t matter how big and how long my tunnel is...
I can see the light at the end.
But if I walk looking at my shoes
I cannot see the light.”

—Carlos A., De Familia a Familia de NAMI teacher trainee, 2011

Contact us to register for this NAMI Family & Friends Seminar or visit www.naminm.org to sign up.



NAMI
National Alliance on Mental Illness

Westside, NM

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About NAMI

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Westside is an affiliate of NAMI New Mexico. NAMI Westside and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community with mental illness and their loved ones.