

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. **REGISTRATION REQUIRED! (See Below)**

NAMI Westside, the local affiliate of the National Alliance on Mental Illness in Rio Rancho, will offer a **FREE NAMI Family & Friends Seminar**
WHEN: Saturday, January 12th 2019
WHERE: Monte Vista Office Plaza
4011 Barbara Loop, Suite 202, Rio Rancho, NM
TIME: 10:00AM – 2:00PM



“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!

To Register, contact:
Shannon Errickson
NAMI New Mexico
shannongtk@hotmail.com
505-918-1603

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 has dedicated volunteers, members and leaders who work tirelessly to raise awareness and provide essential education, advocacy and support programs for people in our community with mental health challenges and their loved ones.