



Save your spot, Class is Limited to 20 people you can call or sign up online via our QR Code:

Sign Up Now:



Free, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidence-based program.

NAMI Family to Family is taught by NAMI-trained family members who have been there, and includes presentation, discussions and interactive exercises.

You will learn:

- How to solve problems and communicate effectively
- Taking care of yourself and managing stress
- Supporting your loved one with compassion
- Finding and using local supports and services
- Up-to-date info on mental health conditions and how they affect the brain
- How to handle a crisis
- Current treatments and therapies
- The impact of mental health conditions on the entire family

Starting September 10 - October 22, Family-to-Family will be held every Wednesday from 6:00 to 8:30 PM.

FACTS

1 in 5 ADULTS

1 in 5 YOUTH

In the U.S. are experiencing or will experience a mental health condition at some point in their lives.

If you or someone you know is struggling with mental health distress, substance use crisis, or having thoughts of suicide:

Call or text: 988

Chat: 988lifeline.org

STIGMA

Stigma is a major reason people don't seek help.



**Call For More Info
406-201-9355**

NAMI Provider

An evidence-based, staff development program for healthcare providers, administrative staff, operational staff, and students working directly with people affected by mental illness. Seminars will soon be available to schedule for your organization. Call 406-201-9355 to schedule or for more information: <https://namiflathead.com/nami-provider/>

NAMI Family & Friends

NAMI Family & Friends is a four-hour seminar that informs people who have loved ones with a mental health condition how to best support them. It's also an opportunity to meet other people in similar situations and gain community support. In this program, you'll learn about:

- Understanding diagnoses, treatment and recovery
- Effective communication strategies
- The importance of self-care
- Crisis preparation strategies
- NAMI and community resources

Sign Up Now:



Sign up for your seat by April 12, held from 9:00 AM to 1:00 PM, or call and schedule a seminar for your organization or business.

NAMI Connection

A 90-minute recovery support group offered once a week for people with mental illness. Groups are facilitated by peers living in recovery, and provide an ongoing opportunity to discuss the challenges of living with mental illness and the techniques for maintaining wellness.

Facilitators: Nino & Victoria Gabaldón

WHEN: 2nd & 4th Wednesday's

4:00PM – 5:30PM

WHERE: 603 S Main St Hortjland Building (Downstairs) Kalispell MT 59901

NAMI Family Support Groups

A 90-minute monthly support group providing family members with an opportunity to discuss the challenges of caring for and/or living with a loved one with mental illness.

1st Monday of every month @ Gateway Community Center | 1203 US Hwy 2 Kalispell | 6:00 – 7:30 PM

4th Tuesday of every month @ St. Richards Church | 1210 9th St. W Columbia Falls | 6:00 – 7:30 PM

1st Tuesday of every month @ Eureka 99 Mills Spring Rd Suite 8 Eureka | 5:30 – 7:00 PM

Those times don't work? Other support groups around the state via Zoom can be found at [NAMIMT.org](https://namimt.org)

You do not have to Register or be a Member of NAMI to attend a support group.