

NAMI Ozaukee Fall Family to Family Class beginning September 16th



The next Family to Family Class will be offered in the Fall of 2026 beginning September 16th. The class is free and designed for adult family members and friends of persons living with mental illness. It includes information on illnesses such as major depression, bipolar disorder, schizophrenia and other mental health disorders. Included are strategies for communicating with the loved one, maintenance of the supporter's own health and minimizing life disruption. The program is taught by intensively trained volunteers who have lived experience supporting loved ones with mental health disorders.

Thousands of families describe the class as life changing. One family member said "This course overall was the single most, without a doubt, helpful and informative thing offered in all my years of searching for answers...it has helped me to understand better and communicate more effectively with my brother.

The NAMI Family-to-Family Course is held in Grafton and will begin on September 16th at 6:30pm and will continue for 8 more consecutive Wednesdays. Registration is required and space limited so call NAMI Ozaukee at 262-243-3627 to register.