

USC Verdugo Hills Hospital partners with
NAMI Glendale to Present:

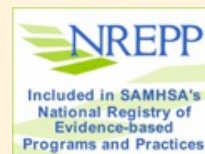
NAMI Family-to-Family Education Class



This FREE 12-session education program is for family, partners, significant others and friends of those living with mental illness. The class is taught by trained instructors with a "lived experience" who know what it is like to have a loved one with a mental illness.

The course includes fact-based information on major mental health conditions and medications, communication and empathy skills-training, and how to locate community resources and advocate for your loved one.

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."



**The class meets Sundays for 12 weeks from 4:30-7 pm
February 9th - May 3rd (Class will not meet on Easter)**

**USC Verdugo Hills Hospital Council Rooms
1812 Verdugo Blvd.
Glendale, CA 91208
FREE Parking - Pre-Registration REQUIRED**

**To Register for Family-to-Family Classes:
Contact Education Coordinator Sylvia Gil
sylvia@namilacc.org or visit NAMIGlendale.org/classes**

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.

USC Verdugo Hills Hospital
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 **NAMI | Glendale**
National Alliance on Mental Illness