



## Beaver County PA

Recovery is a journey, and there is Hope!

FREE classes begin Wednesday,  
September 30<sup>th</sup> at 6:30 pm.

PRESENTS:

**NAMI**  
Family to Family  
Online Education Course  
via Zoom!



NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of individuals dealing with mental health conditions.

This program will provide information and strategies for taking care of those you care about who are dealing with mental health issues. The group setting of Family-to-Family will continue to be a strength of the program as we move into virtual territory with Zoom. Zoom information will be provided to those who register.

Some of the topics and strategies that will be discussed during the program:

- Managing your own stress
- Compassionate support
- Current treatment & therapies
- \* Handling crisis situations
- \* How mental health impacts families
- \* Communicating effectively

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*Please Register by September 26<sup>th</sup>. Reserve your spot by calling 724-888-6877 or email [rmattia@namibeavercounty.org](mailto:rmattia@namibeavercounty.org) Classes begin September 30<sup>th</sup> and end on November 18th*

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Please Check Us Out at [www.NAMIBeaverCounty.org](http://www.NAMIBeaverCounty.org) for more information about our services!