



**Do you have a loved one living with a
mental health condition?**

Register For Our Family-to-Family Class

Family-to-Family is a FREE, 12-session class for family and friends of adults living with mental health challenges.
Taught by a trained team with lived experience.

**Monday evenings,
beginning 9/9/19**

7:00 pm

**St. John's Lutheran
Church in Stamford**

**REGISTRATION
REQUIRED.**

To register, please contact
Bob at 203-849-9573.

Course will include:

- facts about mental health conditions, how they affect the brain, and current treatments and medications
- communication and problem-solving skills
- how to prepare for and manage crises
- how to find and use local supports and services
- how to take care of yourself while caring for your loved one