

### What is the NAMI Family & Friends Seminar?

NAMI Family & Friends is a free, 4-hour seminar that informs and supports family members, partners, friends and significant others who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders are also family members and know what it is like to have a loved one with a mental health condition.

NAMI Guadalupe County, the local organization of the National Alliance on Mental Illness, will offer NAMI Family & Friends Seminars:

Saturday, August 17, Seguin Library ,2<sup>nd</sup> floor Conference Room  
9:30-1:30.

Contact [bvinsonnamigc@gmail.com](mailto:bvinsonnamigc@gmail.com) to sign up



“It doesn’t matter how big and how long my tunnel is... I can see the light at the end.  
But if I walk looking at my shoes  
I cannot see the light.”

—Carlos A., De Familia a Familia de NAMI teacher trainee, 2011

Contact us to register for this NAMI Family & Friends Seminar!

#### About NAMI

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. NAMI Guadalupe County is an affiliate of NAMI Texas. NAMI Guadalupe County and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community with mental illness and their loved ones.