

### 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 illness.

NAMI Greater Corpus Christi, the local affiliate of the National Alliance on Mental Illness, will offer a new **NAMI Family & Friends Seminar!**

The **FREE Seminar** will be held from **10:00 am – 2:00 pm**

at **First United Methodist Church**, 900 S. Shoreline Blvd, Corpus Christi, Texas.

Two dates to choose from: **November 18, 2018 --or-- December 9, 2018**



“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

### Registration is Required.

Contact us now to register for one of the two upcoming dates!

Register by contacting:  
Angela 361-452-4227  
or Jim 281-300-3837  
namigreatercorpuschristi@gmail.com  
namitexas.org/ngcc

### 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 Greater Corpus Christi is an affiliate of NAMI Texas. NAMI Greater Corpus Christi 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.