



National Alliance on Mental Illness

# nami Southwest CT

*You Are Not Alone*

Free classes for family, friends and significant others of people living with mental health challenges - starting in September



## nami Family-to-Family

National Alliance on Mental Illness

FREE 12-session program for family and friends of adults living with mental health challenges. Designed to help you understand and support your loved one living with a mental health condition.

For more details, call 203-400-NAMI or visit:  
<https://www.namisouthwestct.org/nami-family-to-family>

**Stamford** - Mondays at 6:30 pm, beginning 9/10  
Contact: Bob ([rcornell@aol.com](mailto:rcornell@aol.com) or 203-849-9573)

**Ridgefield** - Mondays at 6:30 pm, beginning 9/17  
Contact: Marc ([marcrabinowitz1@gmail.com](mailto:marcrabinowitz1@gmail.com) or 203-940-2516)



## nami Basics

National Alliance on Mental Illness



FREE 6-session program for parents and caregivers of children and teens who are experiencing symptoms of a mental health condition or whom have already been diagnosed. Provides facts about mental health conditions and critical strategies for taking care of your child.

For more details, call 203-400-NAMI or visit:  
<https://www.namisouthwestct.org/nami-basics>

**New Canaan** - Thursdays at 7:00 pm, beginning 9/6  
Contact: Lorraine ([lorrainezegibe@gmail.com](mailto:lorrainezegibe@gmail.com) or 203-858-1477) or Dawn ([dawnschneider@optonline.net](mailto:dawnschneider@optonline.net) or 203-249-5935)



## nami Homefront

National Alliance on Mental Illness

FREE 6-session program for families, caregivers and friends of veterans struggling with PTSD and/or other mental health conditions.

For more details, call 203-400-NAMI or visit:  
<https://www.namisouthwestct.org/nami-homefront>

**Norwalk** - Saturdays at 1:00 pm, beginning 9/8  
Contact: John (203-610-2828) or Claudia ([claudiadevita1123@gmail.com](mailto:claudiadevita1123@gmail.com) or 203-428-6864)