

## What is the NAMI Family & Friends Seminar?

NAMI Family & Friends is a free, **90 minute 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.

**WHEN:** Thursday, November 8<sup>th</sup> **6:30 pm– 8:00 pm** (doors open at 6pm)

**WHERE:** El Dorado County Office of Education, 6767 Green Valley Rd.  
Placerville, CA in Building B-2

\*Pre-Registration required for this free seminar,  
please see below



“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!**



# El Dorado County



**\*To Register (choose one):**

- Register online at:

<https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-Friends/Sign-up-for-a-NAMI-Family-Friends-Seminar>

Or Call Jan at (530) 306-7710

Learn more about our local NAMI organization at:  
[namiel Dorado County.org](http://namiel Dorado County.org)

### 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 El Dorado is an affiliate of NAMI California. NAMI El Dorado 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.