

What is the NAMI Family & Friends Program?

NAMI Family & Friends is a 4-hour seminar that supports people who have a loved one with a mental health conditions.

- Free and confidential
- Led by family members who have a loved one with a mental health condition
- Provides basic information about diagnosis, treatment, and crisis preparation strategies
- Offers understanding and hope
- Shares local mental health resources

NAMI Kern County, the local organization of the National Alliance on Mental Illness, will offer the NAMI Family & Friends Program **quarterly**, at 2001 – 28th Street, Bakersfield, CA
RSVP today by calling (661)805-6604.



Participant Perspectives

“NAMI Family & Friends is very informative and an eye-opening experience. It changed how I see my loved one.”

“The best thing I gained from this seminar was the information that I learned about mental health conditions.”

“Seeing other people in the same situation and knowing I am not alone is very encouraging.”

Contact NAMI Kern County to register for NAMI Family & Friends



NAMI Kern County
P.O. Box 9144
Bakersfield, CA 93389
661-858-3255
namikern@yahoo.com
www.namikerncounty.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 Kern County is an affiliate of NAMI California. NAMI Kern County and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.