



Family-to-Family Program

What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a free, evidence-based 8-session education program designed for family members, friends, and significant others of adults with mental health conditions.

- Covers mental health conditions such as anxiety, depression, schizophrenia, and bipolar disorder.
- Includes practical topics like communication, problem-solving, treatment, and recovery.
- Aims to build understanding, advocacy skills, and personal well-being.
- Taught by trained family members with lived experience.

NAMI offers the NAMI Family-to-Family Education Program free of charge to participants, beginning **August 10, 2026 to October 5, 2026** it will be held on Mondays, **from 6pm -830pm** at **Temecula Behavioral Health Clinic 40925 County Center Dr #200 Temecula, CA 92591**



Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers...it has helped me to understand better and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is oftentimes hidden by the mental illness and that I am not alone in this."

About NAMI

NAMI is the nation's largest grassroots mental health organization, committed to improving the lives of those affected by mental illness. NAMI Temecula Valley, an affiliate of NAMI CA, partners with local volunteers to provide education, advocacy, and support for individuals and families in our community.

Register for NAMI Family-to-Family!



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