



NAMI Family-to-Family

National Alliance on Mental Illness

Are you struggling to support your adult loved one living with a mental health condition?

NAMI Can Help!



9 THURSDAYS

Feb. 5 - Apr. 2, 2026

6:00 - 8:30 pm

NRV Community Services

401 W. Main - Radford

You are not alone.

The group experience of NAMI NRV's Family-to-Family provides a safe and confidential space for family, partner, or friends of adults living with a mental illness to learn better skills and gain a supportive community.

During this **FREE** 9-week educational program, participants experience compassion and connection with others seeking to better support their loved ones.

F2F is led by trained NAMI members who have lived experience and a first-hand understanding of the challenges of mental illness.

Training in Preparedness and Emotional Resiliency

- Coping strategies & effective communication
- Taking care of yourself and managing your stress
- Supporting your loved one with compassion
- How to handle a crisis
- The impact of mental health conditions on the family

PLUS

A Toolkit of Information



New River Valley, VA

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