## For Consumers



#### Peer-to-Peer

a free course for consumers containing individual relapse prevention planning, a debriefing/storytelling week, and an advance directive for psychiatric care.



#### In Our Own Voice

a one-and-a-half hour interactive, multimedia presentation by consumers that offers hope and provides insight into the recovery now possible for people with mental illness.

# For Families & Caregivers



### Family-to-Family

a free 12-week course for family caregivers of individuals with severe mental illnesses that discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.



**NAMI Basics** a new signature education program for parents and other caregivers of children and adolescents living with mental illnesses.