

Dear Editor,

I am writing to share with readers about a valuable resource available in our state and community. The National Alliance on Mental Illness New Hampshire (NAMI NH) is a grassroots organization of and for people of all ages and their families coping with mental illness. NAMI NH is dedicated to improving the quality of life for those with mental illness and their family members through support, education and advocacy.

We are fortunate to have a NAMI Family-to-Family class in {.....enter city.....}. This class is for family members and friends who have an adult a loved one with mental illness. Family-to-Family is an evidence based, educational program that provides participants with information, crucial resources and access to a community of people who relate to your experiences. Trained peers will guide you to know how to better understand and support your loved one while maintaining your own and your family's well-being.

This Family-to-Family class meets on {.....enter the meeting day.....} from {.....starting time/ending time.....} at the {.....meeting location (provide city only).....}. For more information about the class, please call {.....enter contact's name, e-mail, phone number.....}.

For more information about NAMI NH, please call 1-800-242-6264 or visit our website at [www.NAMINH.org](http://www.NAMINH.org).