



FAMILY-TO-FAMILY

for those who care about someone with a mental illness

FREE 8-WEEK CLASS

1 in 5 adults lives with a mental illness, but 5 in 5 are affected. Mental illnesses can take a toll on family, friends, and co-workers. You want to help, but everything you've tried hasn't worked, or worse, has backfired. Or maybe your loved one is newly diagnosed, and you want to make sure you have skills at the ready for the inevitable challenges that will arise.


Register
online



- **You are not alone.**
- **Your loved one's illness is not your fault.**
- **The more you understand, the better able you are to communicate and navigate.**

WHAT YOU WILL GAIN

- Problem solving and effective communication
- Self-care and managing your own and/or the family stress
- Supporting your loved one with compassion
- Finding and using local supports and services
- Information on mental health conditions and how they impact the brain and behavior
- Crisis plan development
- Current treatments and therapies
- The impact of mental health conditions on the entire family

February 25-April 15, 2026

Wednesdays | 6-8:30 PM

Aurora Medical Center

8901 W. Lincoln Avenue, West Allis

March 7-May 2, 2026

Saturdays | 9-11:30 AM

St. Anthony on the Lake Church

W280N2101 Prospect Ave, Pewaukee, WI 53072