

Hello,  
NAMI is preparing to hold two educational classes:

Family to Family is a class for anyone with a loved one or family member with a mental illness. This free, 8 session course begins March 31st in Athens.

BASICS is a free, 6 session course for parents of children up to age 22 who exhibit symptoms of a mental health condition. This class begins March 9th at ISBH in Logan.

NAMI Connection is a support group for adults struggling with mental illness to gain support and insight from one another. This group meets the 1st and 3rd Tuesdays in McArthur.

If anyone is interested in leading a support group or class, we have facilitator training starting in March. See our website.

Finally, we have two events planned to combat isolation in the winter months: Feb. 6th is our Try Something New Series featuring a tea blending workshop, and Feb. 20th features a screening of Orchestrating Change. More information is on our website:

[namiathensohio.org](http://namiathensohio.org)

Thank you!