

Family Education Programs

Family education programs are structured, time-limited programs where participants can learn things like communication skills and coping strategies.

Family education programs are led by teachers who are also family members themselves. Although people get support from teachers and fellow participants throughout the program, the main focus is on learning.

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NAMI Family-to-Family

NAMI Family-to-Family is a free program for family members and other caregivers of people who have are dealing with mental health symptoms. The program is designed to help participants understand and support their loved one, while maintaining their own well-being. NAMI Family-to-Family is taught by NAMI-trained leaders who themselves are family members. It equips participants with the knowledge they need to navigate the mental health system.

Find a Family-to-Family class: <https://namimass.org/nami-family-to-family/>

NAMI Homefront Online

NAMI Homefront Online is a free program for family members and other caregivers of current and former military service members who are dealing with mental health symptoms. NAMI Homefront Online classes meet weekly in a virtual classroom. The program is taught by NAMI-trained leaders who are also family members of of current and former military service members who are dealing with mental health symptoms.

Learn more about NAMI Homefront Online:

<https://www.nami.org/find-support/nami-programs/nami-homefront>

NAMI Basics & Basics OnDemand

NAMI Basics is a free course for parents and other family caregivers of children and teens dealing with emotional or behavioral issues. It provides critical strategies for taking care of your child and learning the ropes of recovery. NAMI Basics is taught by NAMI-trained teachers who are parents or caregivers of children with similar issues.

NAMI Basics OnDemand is a free, 6-module course for parents and other family caregivers of children and teens dealing with emotional or behavioral issues. It covers the same material as NAMI Basics classes. The Connect & Share option in NAMI Basics OnDemand offers parents and caregivers the opportunity to share stories, support, and interact with each other in an online setting.

Learn more about NAMI Basics and NAMI Basics OnDemand:

<https://namimass.org/nami-basics/>

Family Connections Program

Family Connections is a free 12-week course that provides education, skills training, and support for family members and other supporters of people who have been diagnosed with Borderline Personality Disorder (BPD). Family Connections was created by the National Education Alliance for Borderline Personality Disorder. Focusing on issues that are specific to BPD, it is led by trained group leaders who are usually family members of people with BPD.

Learn more about the Family Connections Program:

<https://www.borderlinepersonalitydisorder.org/family-connections/>

Recovering Our Families Online Class

Recovering Our Families Online Class is an 8-week program for family members of people who are or have navigated the mental health system. The class provides a strengths-based recovery oriented approach to move families past fear and confusion into new states of wholeness, well-being, and connectedness. Led by family members and people in recovery. There is a cost associated with this program.

Learn more about the Recovering Our Families Online Class:

<https://www.familieshealingtogether.com/>



This information is for educational purposes only. Contact the **COMPASS Helpline** at NAMI Massachusetts for additional information and resources.

call COMPASS at **617-704-6264** or **1-800-370-9085**

email COMPASS at compass@namimass.org