



Coping Skills for Families

An interactive 8-week class taught by
parents with lived experience

“The families’ stories are what get to
you. That’s where the impact is. They
feel the same worry and desperation.”

We’ll be reading and discussing *Coping Skills That
Work: Families Tell Their Stories* by Amy C. Baker
with Deborah Aylward.
(Available on Amazon or for purchase the first
night of class.)

Learn 8 powerful
skills to help
family members:

- ✓ Manage their own
unruly emotions
- ✓ Stay emotionally
connected to
loved ones
- ✓ Build a happier,
more peaceful life



Thursdays, Oct. 2 – Nov. 20
6:30 – 8:30 PM



NAMI Rochester
344 North Goodman St.
Rochester, NY 14607



Register Today

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