



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

namiroc.org

Under Support and Education

 **NAMI** Rochester
National Alliance on Mental Illness

 **MENTAL HEALTH ASSOCIATION**
FIND WELLNESS.

