

## What is the NAMI Family & Friends Seminar?

NAMI Family & Friends is a free, 3.5-hour seminar that informs and supports family members, partners, friends and significant others who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders are also family members and know what it is like to have a loved one with a mental health condition. Although the training is only for you, you will have the opportunity to have a face-to-face visit following the end of the training. **Up to 3 people per qualifying inmate will receive an extra thirty minute visit following each training day. Note that the ability to visit an inmate can only take place if they qualify for the visit. Persons with a no contact order, or who are in disciplinary housing may not qualify.**



“It doesn’t matter how big and how long my tunnel is...  
I can see the light at the end.  
But if I walk looking at my shoes  
I cannot see the light.”

—Carlos A., De Familia a Familia de NAMI teacher

Contact TCSO to register for this  
NAMI Family & Friends Seminar!



**Sunday, December 9**  
**12:30-4:00 p.m.**  
**Travis County Correctional Complex**  
**Training Academy Classroom**  
**3614 Bill Price Rd., Del Valle, TX 78617**

**You must register by:**

Email: [tiffany.taylor@traviscountytexas.gov](mailto:tiffany.taylor@traviscountytexas.gov)

or

Phone: 512-854-6615



National Alliance on Mental Illness

### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Austin is an affiliate of NAMI Texas. NAMI Austin and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community with mental illness and their loved ones.

For more information about NAMI Austin programs:

[www.namiaustin.org](http://www.namiaustin.org)

**512-420-9810**

[info@namiaustin.org](mailto:info@namiaustin.org)