



OUT OF THE FOG

The monthly newsletter of NAMI San Francisco
www.namif.org

NAMI Family to Family Program

This is a 12-week course for family members of individuals with severe mental illnesses taught by trained family members, and all instruction and course material are free to class participants. Our next class is going to start on Saturday, May 29th, 9:30 am to noon. To enroll please leave your name and contact information either by calling the NAMI San Francisco office at 415-474-7310, ext 437 or by email to namisf@fsasf.org. You can also leave your information for a waiting list for the next class if these dates are not convenient for you. We form classes at various locations around San Francisco at times that are convenient for teachers and attendees. There will be other classes forming toward the end of the summer and next fall.