

# NAMI seminar focuses on friends, family

The National Alliance on Mental Illness is putting on a free four-hour seminar for family and friends on Nov. 15 from 5-9pm at Lake Tahoe Community College.

Participants will learn about diagnosis, treatment, recovery, communication strategies, crisis preparation and NAMI resources.

Seminar leaders are family members who know what it's like to have a loved one with mental health condition.

To register, go **online**.