SPRING 2024 FAMILY TO FAMILY CLASS





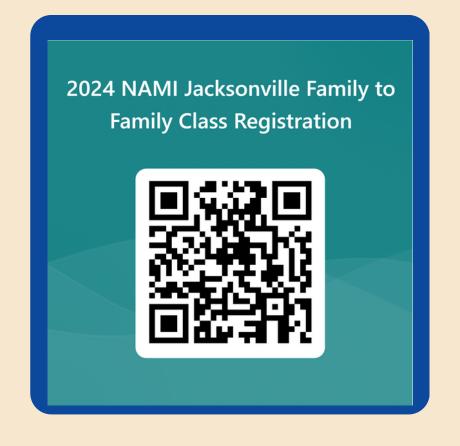
Free In-Person
8-Week Class!
Sunday Afternoons
Sunday, February 18th- April 14th
3:00 - 5:30 pm
(No Class Easter Sunday 3/31)

St. Catherine of Siena
Catholic Church
1649 Kingsley Ave
In the Formation Building
Orange Park, Fl 32073

Educational program for family, significant others and friends of people living with Mental Health Conditions

- Taught by NAMI-trained volunteers who are family members with lived experience and who can provide compassion and support
- Includes research related to the biology of brain disorders; gaining empathy, listening, and communication techniques; strategies for handling crises; care for the caregiver; support and services within the community

We ask that you commit to the entire 8 week session to receive the full benefit of the course.



SCAN TO REGISTER

Please register and you will be contacted to confirm your spot in the class.

LEARN MORE

https://www.namijax.or g/programs/family-tofamily