

# SPRING 2024 FAMILY TO FAMILY CLASS



Jacksonville Florida



Free In-Person  
8-Week Class!

Sunday Afternoons

Sunday, February 18th- April 14th

3:00 - 5:30 pm

(No Class Easter Sunday 3/31)

Location:

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.

2024 NAMI Jacksonville Family to Family Class Registration



**SCAN TO  
REGISTER**

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

**LEARN MORE**

<https://www.namijax.org/programs/family-to-family>