

# FAMILY TO FAMILY CLASS



**Free In-person 8-Week Class!**

**Tuesday Evenings**

**February 10<sup>th</sup>– March 31<sup>st</sup>**

**6:00pm – 8:30 pm**

**LOCATED AT:**

**BARCO- NEWTON**

**FAMILY YMCA**

**2075 Town Center**

**Blvd, Fleming Island,**

**FL 32003**



**Educational program for family, significant others and friends of people living with Mental Health Conditions or Co-occurring Substance Use Disorder.**

- 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



**SPACES LIMITED  
CLICK QR CODE  
TO REGISTER**

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