

FAMILY TO FAMILY CLASS



Free In-person 8-Week Class!
Tuesday Evenings
February 10th – March 31st
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.