

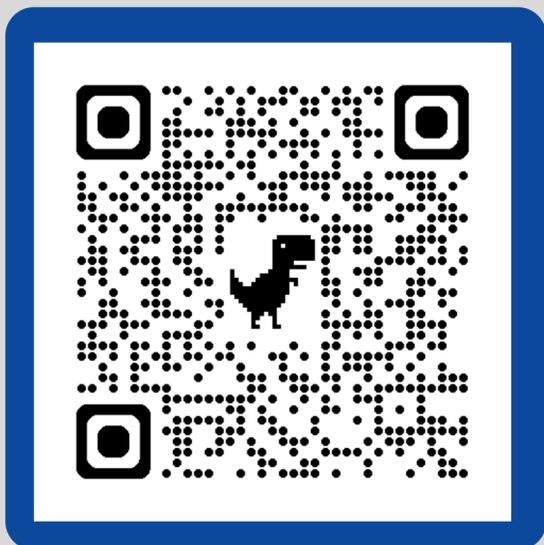
# FAMILY TO FAMILY CLASS



**Free Virtual 8-Week Class  
on Wednesday Nights!**

**May 6<sup>th</sup> - June 24  
6:00pm - 8:30 pm**

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



**SCAN  
QR CODE TO  
REGISTER**

- 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 series to receive the full benefit of the course.**