

Friday, May 1st, 2026

It's Mental Health Awareness Month!

Happy Mental Health Awareness Month! NAMI Jacksonville is celebrating by offering some great classes and events to educate the public and end the stigma around mental illness.

Get Your Green On!

May 21st



Join us for our fifth annual **Get Your Green On** campaign on May 21 by wearing green and tagging us on social media! Grab your friends, families, and colleagues, together let's show our collective support for mental health awareness on May 21!

**#GetYourGreenOn #NAMIJax
#MentalHealthMattersJax**

Youth Mental Health Awareness Week

May 11th-17th, 2026

The Florida House of Representatives has enacted a resolution designating the week of May 11th-17th, 2026 to be Youth Mental Health Awareness Week.

Introduced by Representative Johanna Lopez, the resolution aims to highlight the importance of families, schools, healthcare providers, and community organizations in promoting mental wellness and reducing stigma.



Classes Starting in May



Family-to-Family
National Alliance on Mental Illness



FAMILY TO FAMILY

Free! 8-week education class on mental health

May 6th - June 24th, 2026
6:00 - 8:30pm every Wednesday

Register Here:



More about Family-to-Family

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

You will learn about:

- Biology of Brain Disorders - Empathy -**
- Communication - Handling Crises -**
- Community Resources**

Spots are Limited!

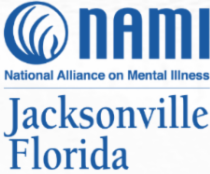
We ask that you commit to the entire 8 week session to receive the full benefit of the class

Class Location:
Zoom



Contact Us:

- 904-420-0525
- www.namijax.org
- 40 E Adams St LL05
Jacksonville, FL 32202



[Register Here](#)

Hosted at:



NAMI HOMEFRONT

Free!

Workshop for families,
friends, and caregivers of
military service members
and veterans.

**May 27th & May 28th & June 3rd
4:00pm - 7:00pm**



Register Here:



More about NAMI Homefront:

Homefront is designed to help families understand what service members and veterans can experience regarding mental health challenges or co-occurring substance use disorder.

You will learn about:

**Trauma - Combat Stress - Civilian Life Transition -
PTSD - Supporting your Loved One**

Space is limited!

We ask that you commit to all four sessions to receive the full benefit of the workshop.

Child supervision services available, additional registration required.

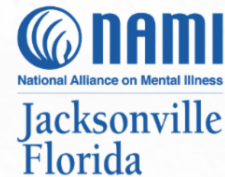
Location:

Steven A. Cohen Military Family
Clinic at Centerstone
7011 A C Skinner Pkwy,
Jacksonville, FL 32256



Contact Us:

904-420-0525
www.namijax.org
40 E Adams St LL05
Jacksonville, FL 32202



Register Here

PEER TO PEER

Free!

8 week educational class
on mental health

May 27th to July 15th

Wednesdays from 6:00pm to 8:00pm



Register Here:



More about Peer-to-Peer:

Experience compassion and support from other peers living in recovery of mental illness or co-occurring substance use.

You will learn about:

**Relapse Prevention - Relieving Symptoms -
Coping**

Advance Directives - Maintaining Recovery

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

Class Location:

Virtual, over Zoom



Contact Us:

 904-420-0525

 www.namijax.org

 40 E Adams St LL05
Jacksonville, FL 32202



[Register Here](#)

The Baker Act: A Public Defender's Perspective



Northeast Florida **MENTAL HEALTH** Advocacy Group

*Join the NEFLMHAG to keep abreast
of State legislative efforts and
advocate for policy change.*



The Baker Act, a Public Defender's Perspective



This month we are joined by **Steve Hart, Assistant Public Defender-Baker Acts for the Fourth Judicial Circuit** to discuss the Baker Act, what the process is like in Northeast Florida, and how a public defender becomes involved.

Register
now!



Wednesday, May 6th
6:30pm - 7:30pm
over Zoom



Jacksonville Florida

For more information, visit us at
www.namijax.org

[Register Here](#)

Bonus! A Free Workshop on Stigma

STIGMA LIES

LET'S LEARN
THE TRUTH!



STARTING POINT
Behavioral Healthcare



hosted by **NAMI Jacksonville**

Stigma Reduction Workshop

Join us for a community conversation about **stigma**.

What You'll Learn:

- How we support people with substance use disorder (SUD)
- How to support their families
- How we work together in our communities to reduce stigma

Let's talk,
share,
and grow
together.



Register for free here!



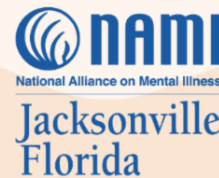
Session Details:

Tuesday, May 12th 1pm-4pm
40 E. Adams St, Suite 318
Jacksonville, FL 32202



Contact Us:

904-420-0892
www.namijax.org
40 E Adams St LL05
Jacksonville, FL 32202



Register for Free Here

NAMI Trainings Available in May



Using their personal stories, NAMI In Our Own Voice (IOOV) presenters walk you through their experiences with mental illness. They take you from the early onset of symptoms, to how they are today, and everything in between.

Our next IOOV training will be held over Zoom on **May 9th from 9am-4pm.**
Some online work is required beforehand.

[Register for the Training Here](#)

New P.E.E.R Training Coming Soon!

Starting **June 4th**, register now to secure your spot!



PURPOSELY • ENRICHING • EDUCATED • RECOVERY

P.E.E.R

TRAINING PROGRAM

Do you have 2 years recovery from a Mental Health Condition or Substance Misuse and want to give back?

Purposely Enriching Educated Recovery
P.E.E.R Training

is a comprehensive start-to-finish pathway for those pursuing Certified Recovery Peer Specialist and meets all core competencies of the Florida Certification Board.

40 Hour PEER Training meets all core competencies of the Florida Certification Board

- Advocacy
- Recovery Support
- Mentoring
- Professional Responsibilities

Course Cost for Individual \$1,200
Scholarships Available

Training Provided By:



Jacksonville
Florida

Visit Our Website for
More Information: www.namijax.org



Upcoming Training Starting June 4th, 2026

Limited spots- Register Today!

Training will be held on 5 Consecutive
Thursdays to equal 40 hours

Time: 8:30 am- 5:00 pm

Thursday, June 4th
Thursday, June 11th
Thursday, June 18th
Thursday, June 25th
Thursday, July 2nd

P.E.E.R Mentorship Training
Registration



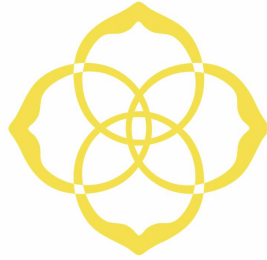
Deadline for Registrations May 19

**For More Information or
to Register Please Contact:**

Casey Gilbert
Peer Development Coordinator
CRPS-Adult
c.gilbert@namijax.org

[Register Here](#)

Fundraising Opportunity



KENDRA
SCOTT

Still need to shop for Mother's Day? We are so happy to be partnering once again with Kendra Scott at the St. Johns Town Center for a Giveback event!

Shop at kendrascott.com between **midnight 5/8/2026 and midnight 5/9/2026** and 20% of the proceeds will be donated to NAMI Jacksonville.

Enter this code in the "Coupon Code" box: **GIVEBACK-LUYPG**

Prefer to shop in-store? We will be there Friday, May 8th from 1pm-3pm!

Check out our full calendar on our website!



[Follow us on social media](#)



NAMI Jacksonville FL | 40 E Adams St Ste LL05 | Jacksonville, FL 32202 US

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