



National Alliance on Mental Illness

NAMI Family & Friends

**a 90-minute Virtual
seminar on mental health**



**Wednesday
October 7, 2026
6:00PM - 7:30PM**

Free!



Register here!



More about Family & Friends

NAMI Family & Friends is a free seminar designed to inform and support individuals who have loved ones with mental health conditions or who are facing mental health challenges.

You will learn:

- Various diagnoses
- Treatment options
- Recovery processes
- Communication
- Crisis Preparation
- Resources



Questions? Contact us!



(904) 724-7782



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NAMI

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**Jacksonville
Florida**