

FAMILY TO FAMILY

Free!

8-week education class
on mental health

October 19 - December 7, 2026
6:30pm - 9pm, every Monday



Register Here:



Spots are Limited!

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

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**

Class Location:

Virtual on Zoom

**Additional one time
registration required*



Contact Us:

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 **nami**
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