

CARE ABOUT SOMEONE WITH MENTAL HEALTH CHALLENGES?

Saturdays, May 1st - June 26th (no class on May 29th)

1:30 - 4:00 PM

Registration at: <https://tinyurl.com/NAMIClasses>

NAMI Family-to-Family is a FREE 8-week course taught by trained family members who have been there.

Learn about mental illness, problem solving, communication, self-care, handling crisis, and more.

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