

Family-to-Family

FREE CLASS

Does your loved one live with a mental illness?

Family-to-family is a free, 12-week class for family members and friends of individuals with a serious mental illness taught by trained family members. Families gain insight and information to empower and support themselves and their loved one.

- Learn current information on major mental illnesses, medications and side effects
- Build empathy, coping skills, problem-solving and communication techniques
- Understand how to locate support and services in the community

Wednesdays: Sept 21 – Dec 7

6:30 –9:00 pm

Sartell/St. Cloud, Minnesota

Unity Spiritual Center
931 5th Ave. N. Sartell, MN 56377

Free but registration required

Call Chuck or Sanda at 320-290-7713
to register or if you have questions.

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ADULTS



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