

FAMILY- TO-FAMILY

ST. CLOUD

A free 8-session educational program for family, loved ones, and friends of a teen or adult living with a mental illness

Family-to-Family is an evidenced-based program that improves the coping and problem-solving abilities of the people closest to a person living with a mental illness. It is not intended for individuals who are living with a mental illness themselves. Led by trained family members who have been there, this program provides information and strategies for taking care of the person you love, includes presentations, discussions and interactive exercises, as well as support and connection among peers.

**EVERY THURSDAY
FOR 8 WEEKS**

6:30-9:00 PM

Starting on April 17th

**ST. CLOUD
STANDDOWN**

724 33rd Ave N
St Cloud, MN 56303

REGISTER

Call Chuck, class leader,
at (320) 290 - 7713 to
ensure the class is a good fit



nami

St. Cloud Area