



National Alliance on Mental Illness

NAMI St. Louis

Family-to-Family

NAMI Family-to-Family is an educational course for family, caregivers and friends (18+) of individuals living with mental illness.

Family-to-Family meets for eight 2.5 hour sessions. Information and resources are provided at no cost to the participants.

Family-to-Family provides:

- **Up-to-date information about a range of mental illnesses, including co-occurring mental illness and substance use disorders**
- **Skills related to crises management, solving problems and communicating effectively**
- **Guidance on locating appropriate local supports and services**

The Family-to-Family class is being offered throughout the St. Louis region this spring!

Location: Mercy Hospital Behavioral Health Cafeteria
12125 Conway Road, St. Louis, MO 63141

Start Date: Wednesday, February 12, 2020

End Date: Wednesday, April 1, 2020

Time: 6:30 – 9:00 pm

Location: St. Paul's Lutheran Church
12345 Manchester Road, Des Peres, MO 63131

Start Date: Saturday, March 7, 2020

End Date: Saturday, April 25, 2020

Time: 9:00 – 11:30 am

Location: Mercy Hospital – Troy
1000 E. Cherry Street, Troy, MO 63379

Start Date: Monday, March 23, 2020

End Date: Monday, May 11, 2020

Time: 6:30 – 9:00 pm

Location: Mercy Hospital -- South
Main Hospital 3rd Floor Orthopedics Classroom
10010 Kennerly Road, St. Louis, MO 63128

Start Date: Monday, March 9, 2020

End Date: Monday, April 27, 2020

Time: 6:00-8:30 pm

Location: Walter's Walk
737 Dunn Road, Hazelwood, MO 63042

Start Date: Saturday, February 29, 2020

End Date: Saturday, April 18, 2020

Time: 9:00 – 11:30 am

Location: First Congregational Church
8601 Wydown, Clayton, MO 63105

Start Date: Thursday, March 19, 2020

End Date: Thursday, May 7, 2020

Time: 6:30 – 9:00 pm

Location: Rebirth CME Church
1434 Clinton St. St. Louis, MO 63106

Start Date: Monday, March 9, 2020

End Date: Monday, April 27, 2020

Time: 6:00-8:30 pm

To register go to: <https://www.namistl.org/programs-2/nami-family-to-family/>.
If you have any further questions contact Angela Berra, Director of Programs, at
aberra@namistl.org or 314-833-7931.

