



Focusing on Family-to-Family Classes

May 21, 2024, 8:00 AM

SANDUSKY — The National Alliance of Mental Illness of Erie County welcomes families to attend what's known as family-to-family classes.

A free course, sessions take place from 9:30-11:30 a.m. on various Saturdays inside the Sandusky Library, 114 W. Adams St., Sandusky. Refreshments are provided.

Meetings take place on the following Saturdays: May 25, June 1, June 8 and June 15.

"Our family-to-family course is an evidence-based program that helps teach loved ones of individuals with a mental disorder important skill, such as coping skills, crisis management, stress management, communication styles and much more," according to an event statement.

People can register and/or ask questions by calling 419-370-6352.