

	Programs	<ul style="list-style-type: none"> •All NAMI programs are free and offered to all members of our community
	For Families	<ul style="list-style-type: none"> •Family Support Groups •Family to Family Course
	For Peers	<ul style="list-style-type: none"> •Connections Recovery Support Group •Peer to Peer Course
	For Organizations	<ul style="list-style-type: none"> •In Our Own Voice •Lunch & Learn
	For Schools	<ul style="list-style-type: none"> •Ending the Silence •for Students •for Staff
	For Everyone	<ul style="list-style-type: none"> •Helpline 904-724-7782 •NAMIJacksonvilleFlorida@gmail.com •Information Tables
For program requests contact Suzanne Mailloux, Program Director		
SuzanneNAMIJax@gmail.com 904-724-7782		
NAMI Jacksonville FL, Inc.		
P.O. Box 600857		
Jacksonville, FL 32260		

Connection Recovery Support Groups

Open to individuals living with any mental illness. Trained facilitators are peers who live well with mental illness.

Riverside Winston YMCA
221 Riverside Avenue
1st and 3rd Mondays
(except holidays)
7:00 - 8:30 PM

Orange Park Medical Center
2001 Kingsley Ave
Classroom 7, First Floor
Every Tuesday (except holidays)
6:00 - 7:30 PM

Family Support Groups

For family members or friends of individuals living with mental illness. Trained facilitators are also family and friends.

Memorial Hospital
3625 University Blvd. S.
Classroom 3
2nd and 4th Thursdays
(except holidays)
7:00 - 8:30 PM

Ortega United Methodist Church
4807 Roosevelt Blvd
Church Parlor
1st and 3rd Thursdays
(except holidays)
7:00 - 8:30 PM

Orange Park Medical Center
2001 Kingsley Ave
Classroom 2, First Floor
1st and 3rd Tuesdays
(except holidays)
6:00 - 7:30 PM

Peer to Peer Course

8 session course taught by trained peers who are living well with mental illness

Strategies and resources for an advance directive; a relapse prevention plan to promote self-awareness and to organize for intervention; mindfulness exercises to help focus and calm thinking; and survival skills for working with providers and the general public.

Family to Family Course

12 week course taught by trained family members of individuals living with mental illness.

Information about medications; research related to the biology of brain disorders; gaining empathy, listening, and communication techniques; strategies for handling crises; care for the caregiver, support and services within the community.

Ending the Silence

For Middle and High School students, teachers, and staff in Duval County Schools

A prevention and early intervention program that engages youth in a discussion about mental health. Learn how to recognize the early warning signs of mental illness and what to do if they or someone they know is exhibiting signs.

In Our Own Voice

For any civic or corporate organization, social services, treatment facilities, higher education, faith communities, and others.

Told by people living well with mental illness that provides hope to others and de-stigmatizes the challenges of mental illness by changing attitudes, assumptions and stereotypes.

Lunch & Learn

For any civic or corporate organization, social services, treatment facilities, higher education, faith communities, and others.

Informational overview on mental illness and suicide prevention; personal stories from individuals with mental illness and family members; information on NAMI and community support.