



## ***Intensive Family Support Services Of Sussex County***

***IFSS has joined the growing community of professionals at the Mental Health Association of Essex and Morris Counties.***

***All services will now be available in the central town of Newton.***

**Cochran House  
83 Spring Street, Suite 302 B  
Newton, New Jersey 07860  
Phone: 973-579-4399 ext 606**

**Email: [cparmelee@mhaessexmorris.org](mailto:cparmelee@mhaessexmorris.org)**

**IFSS provides support for individuals who have an adult family member with mental illness  
Services Include:**

***Education  
Family Consultation  
Family Support Groups  
Advocacy  
Referral/Service Linkage***

**Caring for a family member with a mental illness can be very challenging and impact almost every aspect of your life. This program can help you cope.**

**Our Family Support Groups meet at our office as follows:**

**Wednesday Evenings  
Weekly at 6:30pm**

**Monday mornings at 11am  
on the 1<sup>st</sup> and 3<sup>rd</sup> week of  
each month.**

