



NAMI NJ Online Support Groups

The following groups are being offered online, using the Zoom platform:



NAMI Family Support Group

1st and 3rd Wednesday of the month, at 7 p.m. ET

Register for NAMI Family Support Group

Please register by 11 a.m. ET on the day of the support group.

You can register for the upcoming support group only.

You will receive a link via email the day of the scheduled group.

NAMI Family Support Group is a 60-90 minute support group for adult friends and family members (18+) of people with mental health conditions. Participants gain the support of peers who understand their experience and gain insight into others' challenges and successes.



NAMI Connection Recovery Support Group

Every Wednesday at 7 p.m. ET

Every Thursday at 6 p.m. ET *(No Thursday Session in May)*

Register for NAMI Connection

Please register by 11 a.m. ET on the day of the support group.

You will receive a link via email the day of the scheduled group.

NAMI Connection Recovery Support Group is a 60-90 minute support group for adults (18+) with a mental health condition. Participants gain the support of peers who understand their experience and gain insight into others' challenges and successes.

Specialty Support Groups

LGBTQ+ NAMI Connection Recovery Support Group

Last Sunday of the month

May 25, 2025 at 7 - 8:30 p.m. ET

NAMI Connection is a peer-led recovery support group for individuals (18+) in the LGBTQ+ community who have a mental health condition. **Contact jyudof@naminj.org for more information. [Register here](#) | [View Flyer](#)**

Sibling Support Group

4th Thursday of the month

May 22, 2025 at 7 p.m. ET

Join us for this special online support group for individuals with a sibling who lives with mental illness. Gain support and share with others who can relate to your personal experiences. The group will follow the **NAMI Signature Family Support Group Model** and will be run by two trained facilitators. Participants must pre-register and be 18 years or older. Attendance will be limited. [Register here](#)

Spouse/Partner Support Group

2nd and 4th Thursday of the month

May 8, 2025 at 7 p.m. ET

May 22, 2025 at 7 p.m. ET

Gain support and share with others who can relate to your personal experiences. The group will follow the **NAMI Signature Family Support Group Model** and will be run by two trained facilitators. Participants must pre-register and be 18 years or older. Attendance will be limited to 15 people. [Register here](#)

Family With a Loved One Who Is In/ Has Been in State Hospital

Thursday, June 12, 2025 at 7 p.m. ET

Connect with other family members who have or had a loved one in a NJ State Hospital. NAMI Family Support Groups are free, confidential and safe groups of families helping other families who live with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family members can achieve a renewed sense of hope for their loved one living with mental illness. **Contact programs@naminj.org for more information. [Register here](#)**

Support Groups by County Affiliates & Multicultural Programs

Week of 4/28 - 5/4

Monday 4/28, 7:00 p.m. ET, - [NAMI Burlington In-Person Family Support Group](#)**

Monday 4/28, 7:00 p.m. ET, - [NAMI Greater Monmouth In-Person Connection and Family Support Groups](#)**

Tuesday 4/29, 2:00 p.m. ET, - [NAMI Mercer's Empathy Network Support Group](#)

Tuesday 4/29, 7:00 p.m. ET, - [NAMI Greater Bergen & IFSS Online Family Support Group](#)

Thursday 5/1, 10:00 a.m. ET, - [Veterans Affairs Phone Support Group](#) This group is not run by any NAMI organization. It is listed as a service to our NJ vets, who are always welcome at NAMI Connection meetings.

Thursday 5/1, 6:30 p.m. ET, - [NAMI Hudson In-Person Family Support & Connection Recovery Support Groups](#)**

Thursday 5/1, 7:00 p.m. ET, - [NAMI Somerset Virtual Family Support Group](#)**

Thursday 5/1, 7:00 p.m. ET, - [NAMI Greater Bergen Online Connection Recovery Support Group](#)**

Thursday 5/1, 7:00 p.m. ET, - [SAMHAJ Online Connection Recovery Support Group Meeting](#)**

Thursday 5/1, 7:00 p.m. ET, - [SAMHAJ Online Family Support Group](#)**

Saturday 5/3, 10:00 a.m. ET, - [NAMI Warren County In-Person Family Support Group](#)**

**** NAMI Signature Programs*** are based upon a standardized model developed and maintained by NAMI National. Our 2 signature support group models, NAMI Connection Recovery Support Group and NAMI Family Support, attendees can expect that:

- Programs are for adults 18+ and are peer led, meaning the people leading the program share important life experiences with the participants and speak from the perspective of an equal. No student or professional observers are present and membership is not required.
- It's not necessary for a formal diagnosis to have been made for a person, or their family members, to participate in and benefit from a NAMI program.
- Two trained program leaders will be present, who are members of the group. The program leaders are screened and trained intensively for their role. They will facilitate according to well-defined rules and processes which they had 2 days of training in. They will not give advice or keep records.
- The facilitators will regularly turn the group to the structures we read out at the beginning of the meeting (Group Guidelines and Principles of Support), as well as our Stages of Emotional Response structure and our Group Wisdom, Hot Potato, and Problem Solving processes as needed.

**NAMI Basics, NAMI Connection Recovery Support Group, NAMI Family & Friends, NAMI Family Support Group, NAMI Family to Family, NAMI Hearts & Minds, NAMI In Our Own Voice, NAMI Smarts*

Confidentiality:

The facilitators will take a few minutes to share an enhanced confidentiality reminder, emphasizing that we rely on callers to:

- Ensure that you and anyone else who can see or hear the call are members of the appropriate group.
- Note that Zoom and NAMI NJ collect basic information, such as IP address, zip code, etc.
- Calls will not be recorded. Please do not take screenshots or any recordings, or take notes with personal information.
- Please close your door, close your computer when you step away, use a headset, etc. as needed to preserve group privacy if you are not alone.

Safety:

- Individuals on the call who are "mandated reporters" will announce themselves. Please note, that all residents of NJ are mandated reporters of known or potential harm to a child.
- Even with pre-registration, we have no way of knowing who is listening to our meetings. Therefore, we urge attendees to be cautious when sharing personal information or anything others might perceive of as dangerous or threatening.
- If you have something critical to communicate with the facilitator which is private, you can use the CHAT feature, addressing him/her only.
- Remember that statewide facilitators are less likely to have local crisis diversion resources and background than those in your local affiliate or multicultural group.

[Click to View Agenda & Guidelines](#)

[Click here](#) to read more information on support groups

If you have any questions, contact us at programs@naminj.org.

Disclosure: NAMI NJ's intention is to protect personal information. We will not use this information beyond registration and immediate safety purposes.

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