NAMI New Jersey
National Alliance on Mental Illness



NAMI NJ Annual Conference

Saturday, April 20, 2024

Middlesex County Fire Academy, Sayreville, NJ

Self Care for All

Join NAMI New Jersey for our Annual Conference, taking place on **Saturday, April 20, 2024** at the Middlesex County Fire Academy, Sayreville, NJ. This year's theme is **"Self Care for All"** - focusing on the importance of self-care for everyone in our community. The conference will feature workshops, panels, and speakers on self-care related topics and resources.

Whether you are an individual living with mental illness, a caregiver or loved one, a clinician or provider, or a mental health advocate, this conference has something for you. Come recharge, destress, and learn new tools and resources to take better care of yourself. Join us for a day focused on self-care and wellness. We hope to see you there!

Register Now

*Early bird registration has been extended to **April 5th**.*
Register now to get the discounted rate!



Keynote Speaker

Stacy Ross is an author, speaker/advocate, and mother of an adult with Borderline Personality Disorder. With raw honesty, Stacy tells the story of her sometimes heartbreaking, and sometimes heartwarming, 28 year journey parenting a child with mental illness. Stacy's openness about her struggles make her both relatable and believable with listeners often recounting personal experiences for the first time. Stacy also shares coping skills and strategies she's learned along the way leaving audiences feeling empowered, hopeful, and less isolated. Read more

Honesty as the Foundation for Building Strong Boundaries

In this talk we will explore the power of honesty in laying the groundwork to build

strong boundaries. Using personal anecdotes, we will begin by demonstrating the critical role honesty plays in understanding, coping with, and getting the right help for your family member. From there we will discuss how setting healthy boundaries can bring you closer to your family member, debunking the myth that boundaries drive us apart. Together we will then outline the ABC's of building strong boundaries. An excerpt from Stacy's upcoming memoir will be used to further illustrate points raised. Q&A will follow with audience members able to ask questions directly or submit them via index card to preserve privacy. Participants will leave with a clear understanding of the importance of honesty and boundaries in building healthy and long lasting relationships, as well as suggestions on how to establish strong boundaries in their own lives.

Register Now

Exciting panels and workshops will be announced shortly!

Conference Sponsorship, Advertisement & Exhibitor Opportunities

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