



## What is the NAMI Family Support Group Program?

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 member can achieve a renewed sense of hope for their loved one living with mental health challenges. Connect with other family members who have a loved one in a NJ State Hospital.

NAMI NJ, the local organization of the National Alliance on Mental Illness, will offer its NAMI Family Support Group Program for  
**FAMILY MEMBERS WITH LOVED ONES IN A NJ STATE PSYCHIATRIC HOSPITAL**  
**Tuesday, January 18, 6:30 – 8:00 PM via zoom**

Register with this link:

[https://docs.google.com/forms/d/e/1FAIpQLSdmz9tIQMnC80BeVIFjZG62lc6poWygwurB9fbDzxiUVDsagg/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSdmz9tIQMnC80BeVIFjZG62lc6poWygwurB9fbDzxiUVDsagg/viewform?usp=pp_url)



### Participant Perspectives

“Before coming to the support group, we had never spoken about mental illness to neighbors, friends and often not even to our relatives.”

“NAMI Family Support Group really works and it makes the group experience even better.”

“The facilitators and the group experience was just the kind of support I was seeking at this time. After one session, I felt more calm and relaxed”

For more info or help registering, contact:

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Family Programs Director  
732-940-0991

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### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI New Jersey and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

