

## NAMI Family to Family is being offered!



**NAMI Family-to-Family** is a free, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition. NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises.

### What You'll Gain

NAMI Family-to-Family not only provides information and strategies for taking care of the person you love, but you'll also find out that you're not alone. Recovery is a journey, and there is hope. The group setting of NAMI Family-to-Family provides mutual support and shared positive impact—experience compassion and reinforcement from people who understand your situation. Sharing your own experience may help others in your class. In the program, you'll learn about:

- How to solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Supporting your loved one with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- How to handle a crisis
- Current treatments and therapies
- The impact of mental health conditions on the entire family

### What People Are Saying

*"As a result of participating in NAMI Family to Family, I am learning how to care for myself better and also learning how to listen, understand, and be a better communicator."*

*"The biggest change in participating in NAMI Family to Family is having empathy and understanding for what my son is going through and not trying to deny or 'fix' his problem."*

*"The information we were given by our support team and the way it was taught was beyond expectation. I have learned so much in 20 hours on different approaches and techniques both for my loved one as well as myself!"*

## Sign up for a class today:

### NAMI Atlantic/Cape May

Every Thursday, September 7 - October 26, 2023

6:30 p.m. to 9:00 p.m. ET

*Online via Zoom*

For more information on how to register, please contact NAMI Atlantic/Cape May at 609-741-5125.

[Download Flyer](#)

### NAMI Burlington County

Every Wednesday, September 13 - November 8, 2023

6:30 p.m. - 9:00 p.m. ET

First Presbyterian Church

101 Bridgeboro Rd, Moorestown, NJ 08057

[Register here](#)

Please register by September 1, 2023.

For more information, please contact Maryam Suluki at (856) 222-9400, or email

[msuluki5@gmail.com](mailto:msuluki5@gmail.com)

### NAMI Greater Monmouth County

Every Wednesday, September 27 - November 15, 2023

7:00 p.m. - 9:30 p.m. ET

Lincroft Bible Church

790 Newman Springs Rd., Lincroft NJ 07738

[Register here](#)

Please register by September 1, 2023. For more information or to pre-register, please call or email: [namigreatermonmouth@gmail.com](mailto:namigreatermonmouth@gmail.com) (732) 462-6448 or Nozer Mehta at

[nozermehtha1@gmail.com](mailto:nozermehtha1@gmail.com)

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### NAMI Hudson County

Every Friday, September 22 - November 10, 2023

7:00 p.m. - 9:30 p.m. ET

*Virtual (link will be sent out a few days prior to the start date)*

[Register here](#)

Please register by September 1, 2023. NAMI will then also send you the course reading materials. For more information or to register, please email [f2fnamihudson@gmail.com](mailto:f2fnamihudson@gmail.com)

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### NAMI Somerset County

Every Saturday, September 23 - November 11, 2023

9:30 a.m. - 12:00 p.m. ET

Bridgewater United Methodist Church

651 Country Club Rd., Bridgewater, NJ 08807

For more information or to register, please email Carolyn at [carolynhespe@gmail.com](mailto:carolynhespe@gmail.com) or call (908) 285-2238; or email Maureen at [MaureenK24@comcast.net](mailto:MaureenK24@comcast.net) or call (908) 403-9193.

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## NAMI NJ en Español

Wednesdays, September 20 - November 8, 2023

7:00 p.m. - 9:00 p.m. ET

*Online via Zoom*

[Register here](#)

Contact Nelhy Barreiro, NAMI NJ en Español Statewide Coordinator, at 732-940-0991 x113, or email [enespanol@naminj.org](mailto:enespanol@naminj.org).

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## Find Your Local Affiliate!



### Find your local support.

NAMI NJ's County Affiliates work in local communities to raise awareness and provide essential and free education, advocacy, and support group programs.

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