NAMI New Jersey



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

NAMI Family Support Group

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, in order to receive a link via email by noon.
You can register for the upcoming support group only.

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

NAMI Connection Recovery Support Group

Every Tuesday at 7:30 p.m. ET
Every Wednesday at 7 p.m. ET

Register for NAMI Connection

Please register by 11 a.m. ET on the day of the support group, in order to receive a link via email by noon.

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

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

Thursday, December 10, 2026 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**. **Please register by 11 a.m. ET on the day of the support group, in order to receive a link via email by noon. View flyer to learn more. Click here to register.**

NAMI Family Support Group for School-Aged Parents or Caregivers

2nd Tuesday and 3rd Wednesday of the month

November 10, 2026 at 12 p.m. ET

November 18, 2026 at 7 p.m. ET

Connect with other parents and caregivers supporting a child with mental health challenges. This free, confidential group offers a safe space to share experiences, gain practical tools, and find support from others who understand. This group will follow the NAMI Signature Family Support Group Model and will be run by trained facilitators. **Please register by 4 p.m. ET on the day before the support group, in order to receive a link via email by 11AM on the day of the support group. Register here.**

Spouse/Partner Support Group

2nd and 4th Thursday of the month

November 12, 2026, at 7 p.m. ET

November 26, 2026, 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. **Please register by 11 a.m. ET on the day of the support group, in order to receive a link via email by noon. Register here.**

Sibling Support Group

4th Thursday of the month

January 28, 2026, at 7 p.m. ET

****Please note that this support group will not meet during November and December due to the holidays.****

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. **Please register by 11 a.m. ET on the day of the support group, in order to receive a link via email by noon. Register here.**

LGBTQ+ NAMI Connection Recovery Support Group

Last Sunday of the month

November 29, 2026 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. Please register by 11 a.m. ET on the day of the support group, in order to receive a link via email by noon. View flyer to learn more. Click here to register.**

Support for Parents and Caregivers of Children and Adolescents Experiencing Symptoms of Mental Health Conditions (in Spanish)

1st Tuesday of every month

November 3, 2026 at 7:00 p.m. ET

Connect with other parents and caregivers supporting a child with mental health challenges. This free, confidential group provides a safe space to share experiences, gain tools, and find support from those who understand. The group follows the NAMI Signature Family Support Group Model and is led by trained facilitators. **Register here**

Support Group for Support Group Facilitators

3rd Wednesday of every month

October 28 2026, at 7 p.m. ET

Join us for this speciality online support group for active support group facilitators. Support Group for Support group facilitators provides a confidential, supportive space for leaders to process compassion fatigue, share, prevent burnout, get support, and find healing for their own or loved ones' mental health concerns. This group is for

both family and connection support group leaders/facilitators and will follow the NAMI Signature Family Support Group Model. **Register** here

Support Groups by County Affiliates & Multicultural Programs

Week of 10/26 - 11/1

Monday 10/26, 5:15 p.m. ET - NAMI Mercer IFSS Family Support Group
Monday 10/26, 6:30 p.m. ET - AACT-NOW Online Connection Recovery Support Group**
Monday 10/26, 7:00 p.m. ET - NAMI Burlington In-Person Family Support Group**
Monday 10/26, 7:00 p.m. ET - NAMI Greater Monmouth In-Person Connection and Family Support Groups**
Tuesday 10/27, 2:00 p.m. ET - NAMI Mercer's Empathy Network Support Group
Tuesday 10/27, 5:15 p.m. ET - NAMI Mercer IFSS Family Support Group
Tuesday 10/27, 6:00 p.m. ET - NAMI Essex/Passaic In-Person Connection Recovery Support Group**
Tuesday 10/27, 7:00 p.m. ET - CAMHOP NJ Online Family Support Group**
Tuesday 10/27, 7:00 p.m. ET - NAMI Union County In-Person Connection Support Group**
Tuesday 10/27, 7:00 p.m. ET - NAMI Greater Bergen & IFSS Online Caregiver Support Group
Wednesday 10/28, 5:15 p.m. ET - NAMI Mercer County & IFSS Virtual Coping with Schizophrenia
Wednesday 10/28, 2:00 p.m. ET - NAMI Mercer Muffin but Support Group
Thursday 10/29, 1:00 p.m. ET - NAMI Mercer Bipolar 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.

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

- 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.

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.

Check Out Upcoming Stigma-Busting Presentations

NAMI National Alliance on Mental Illness **In Our Own Voice**

NAMI In Our Own Voice (IOOV) is a powerful, first-person presentation that challenges attitudes, assumptions, and stereotypes about mental illness — and replaces them with hope.

Real Stories. Real Hope. Attend a NAMI In Our Own Voice Presentation

NAMI National Alliance on Mental Illness **Ending the Silence**

NAMI Ending the Silence for Families is for families and caregivers of teens on youth mental health, symptoms, and how to best support teens facing mental health challenges.

Join the virtual session this Tuesday



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