NAMI New Jersey

NAMI Signature Programs Spotlight

Gain strength, share hope, and find your community. Four free NAMI programs designed for your unique journey — whether supporting family, parenting, or personal healing. You are not alone. Sign up today.

NAMI Family-to-Family

A free, 8-session signature educational program for family, significant others and friends of people with mental health conditions.

NAMI Hearts + Minds

A wellness program designed to educate and empower you to better manage your health — mentally and physically.

NAMI Peer-to-Peer

A free, 8-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

NAMI In Our Own Voice

A free presentation that provides a personal perspective of mental health conditions, as leaders with lived experience talk openly.

Check out other free programs!

Request a presentation

Program Schedules This Fall

NAMI Family-to-Family

Affiliate County Classes

NAMI Greater Monmouth

Thursdays, September 17 – November 5, 2026
7:00 p.m. – 9:30 p.m.
In-person in Lincroft. Space is limited.
To reserve your spot, contact Nozer Mehta at nozermehta1@gmail.com or call 973-723-6718, or email to namigreatermonmouth@gmail.com.

NAMI Middlesex

Fridays, September 18 - November 6, 2026
6:30 p.m. – 9:00 p.m.
Location: Reformed Church of Highland Park
Registration required. Class size is limited.
Contact: NAMI Middlesex – 732-745-0709

NAMI Essex/Passaic
Saturdays, October 3 - November 21, 2026
10:30 a.m. – 1:00 p.m.
Location: Montclair Public Library
Register here
For more information, contact: Wolf Knapp – NAMI F2F Instructor wolfmalcolmknapp@me.com and Lynda Hollander – NAMI F2F Instructor lyndahollander@comcast.net

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NAMI Union County
Thursdays, October 8 - December 3, 2026
7 p.m. - 9:30 p.m.
Location: Scotch Plains, NJ
For more information and how to register, please contact Evelyn Nath at (908) 241-5299 or email evelynodat@gmail.com – Please put "F2F Course" in the subject line.

NAMI Hearts + Minds

NAMI Hearts + Minds
National Alliance on Mental Illness

Monday, September 21 & Wednesday, September 23, 2026
5:30 p.m. - 9:30 p.m. ET

Register

NAMI Peer-to-Peer

NAMI Peer-to-Peer
National Alliance on Mental Illness

Every Thursday, October 1 – November 19, 2026
6:30 p.m. to 9:00 p.m. ET | *In Spanish* | *Online*

Register

For more information, email enespanol@naminj.org, or call 732-940-0991 x113

NAMI In Our Own Voice

NAMI In Our Own Voice
National Alliance on Mental Illness

Wednesday, October 14, 2026 at 6:30 p.m.
Location: St Paul's Lutheran Church, 130 Cable Ave, Beachwood

Monday, October 19, 2026 at 7:00 p.m. ET | *Online*

Register

Wednesday, October 14, 2026 at 6:00 p.m.
Location: North Brunswick Public Library, 880 Hermann Rd

Wednesday, November 18, 2026 at 7:00 p.m. ET | *In Spanish* | *Online*

Register



If you are interested in receiving additional information to enroll in a program or if you would like information on training to become a facilitator, please contact programs@naminj.org.

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