



National Alliance on Mental Illness

nami | Sussex

welcomes Intensive Family Support Services
to discuss

COPING WITH THE HOLIDAYS

Thursday, November 19, 2020,

7:00 – 8:30 p.m.

An Online Presentation and Discussion

NAMI Sussex is pleased to offer a special program on coping with the holidays during our general meeting on November 19th. The holidays can be a stressful time for families dealing with mental illness and this year the current health crisis of COVID-19 brings an added source of stress and isolation to the mix. During our general meeting on the 19th, Carrie Parmelee, Annette Hoffman and Lois Kiensicki will discuss this topic and facilitate an open discussion among participants about these issues. Families will be provided an opportunity to discuss their experiences, both positive and negative and the presentation will offer some helpful resources for coping and self-care during the holiday season. Information about the IFSS program will also be presented.

Register at <https://us02web.zoom.us/meeting/register/tZ0sd-2rqz8qH93fOkroY4y7Eq2pHYL2YXoi>

For more information, call NAMI Sussex at 973-214-0632 or email nami.sussex@gmail.com.

NAMI Sussex is an all-volunteer 501(c)(3) nonprofit organization that provides support, education, and advocacy throughout the Sussex County, New Jersey area on behalf of individuals and families affected by mental illness.

Website: www.nami-sussex-nj.org
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