

CASUAL OUTING CLUB

The Casual Outing Club is a program of the Middlesex County chapter of the National Alliance on Mental Illness (NAMI-Middlesex). It is designed to provide social activities for adults and young adults (we've had participants in their late teens up to their 70s) living and dealing with major psychiatric illness.

The Casual Outing Club welcomes participants from the central New Jersey area. Participants are free to come to as many or as few activities as they wish.

The Casual Outing Club meets twice monthly- once on a weekday evening from 6:30 to 8:30pm in the recreation room of a church in Highland Park (space generously donated for use by the Highland Park Reformed Church), and once on a weekend day for an outing to such places as the movies, museums, ball games, etc.

The Casual Outing Club is led by two group facilitators who perform program preparation and facilitation of social interaction in the group. The cost for these facilitators has been covered by grant money received from the following generous benefactors:

NAMI-Middlesex, Bristol Myers Squibb, Janssen, and Novartis.

The Casual Outing Club has use of subsidized transport for eight outings a year granted to us by the Middlesex County Board of Chosen Freeholders.

IF YOU ARE INTERESTED IN PARTICIPATING IN THE CASUAL OUTING CLUB OR HAVE QUESTIONS ABOUT THE PROGRAM PLEASE CONTACT THE CO-ORDINATOR, ESTHER BERGKNOFF, via e-mail: ebergknoff@hotmail.com or phone at: 732-715-8477.

PLEASE NOTE: Beginning in January of 2009 participants will be required to join NAMI-Middlesex. Individual membership for a year for participants in the group is \$3. As members participants will be informed of all upcoming NAMI-Middlesex events as well as information about other local programs of interest.

If families of group participants would like to show their support for this program and the other valuable and important NAMI-Middlesex activities the entire family can join NAMI-Middlesex for \$35.