

NAMI-Greater Monmouth

*Provides Peer-Led Support Groups
For People Living With Mental Illness in Themselves or a Family Member*

New Support Group Schedule to start on June 1, 2009

Day and Time	Location	Kind of Group	Notes
Every Thursday, 5:30-7pm	Freehold Self-Help Center, 17 Bannard St., Freehold	NAMI Connection Support, for people living with a mental illness	Limited transportation offered. Call 732-625-9485.
First Monday of every month, 7-8:30pm	Health Awareness Center, Rooms 1 and 2, CentraState Medical Center, Freehold	Family-to-Family Support, for family members/caregivers of someone with a mental illness	
	Swenson Center, First Baptist Church, 84 Maple Ave., Red Bank		
First and Third Tuesday of every month, 7-9pm	Colts Neck Community Church, 25 Merchants Way, Colts Neck	Three separate groups at once: <ul style="list-style-type: none"> ➤ Family-to-Family Support, for family members/caregivers of someone with a mental illness ➤ NAMI Connection Support, for people living with a mental illness ➤ NAMI Connection Teen/Young Adult Support, for people between the ages of 16 and 26 living with a mental illness 	The groups will start at 7pm with a half-hour-long member-led opening program (all attendees together) <ul style="list-style-type: none"> ➤ First Tuesday: exercise/movement or yoga ➤ Third Tuesday: educational session.
First Tuesday of every month, 7-8:30pm	Lakeside Activity Center, Girls Scouts of the Jersey Shore, 242 Adelpia Road, Farmingdale	SAMHAJ (South Asian Mental Health Awareness In Jersey) Family Support – specifically for people of South Asian origin who have a family member with a mental illness	RSVP Required for this meeting only. Contact: Shrabanee at 732-533-7632

All groups are open to members and non-members, and there is no charge to attend!

NAMI-Greater Monmouth Also Offers:

- ***Scheduled speaker meetings and recreational events***
- ***Educational courses for family members***
- ***Community speaker programs about mental health recovery and community resources***
- ***Specific training programs for law enforcement and K-12 school personnel***
- ***Volunteer Opportunities***

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