



Two Groups

NAMI Middlesex County

in collaboration with

RUTGERS

University Behavioral
Health Care

Intensive Family Support Services of Middlesex County (IFSS)

COPING & COPING **Daytime**

An open support group for family members dealing with mental illness

COPING is a project provided by NAMI Middlesex County in its ongoing attempts to improve the quality of life for people with recurring mental illness and their families.

Companionship

We provide a forum for family and friends to share common experiences in dealing with mental illness in our families.

Open Discussion

We share information and suggestions to help resolve common problems. This fosters the development of useful tools that can be implemented to ease family burden.

Peer Support

We help one another deal with the isolation and frustration that we feel in our attempts to cope with mental illness.

Information Exchange

One fundamental contribution of COPING is to give family members insight into new directions, which is achieved through the fruitful interchange of experience and information.

New Direction

A common reaction of family members is to let their own lives suffer as they struggle with the mental illness of a loved one. However, as the lifeguard knows, one must keep oneself from being pulled under to save those in need of help.

Growing Hope

Families in COPING soon find that their problems are not unique, and they gain strength by releasing their frustrations in a friendly and understanding atmosphere. New perspectives help families to plan for positive change in the future.

2018 Schedule

Second THURSDAY OF EACH MONTH

7:00 PM TO 9:00 PM

151 CENTENNIAL AVE, PISCATAWAY

January 11th
February 8th
March 8th
April 12th

May 10th
June 14th
July 12th
August 9th

September 13th
October 11th
November 8th
December 13th

THIRD THURSDAY OF EACH MONTH

2:30 PM TO 4:15 PM

151 CENTENNIAL AVE, PISCATAWAY

January 18th
February 15th
March 15th
April 19th

May 17th
June 21st
July 19th
August 16th

September 20th
October 18th
November 15th
December 20th

For more information, contact Intensive Family Support Services (IFSS) (732) 235-6184



Directions

Rutgers – University Behavioral Health Care
151 Centennial Avenue
Piscataway, NJ 08854

I-287 North:

Take Exit 9 (River Rd.) Make a LEFT off of exit onto River Rd and then at 2nd light make LEFT (jug handle for Centennial Avenue). Go about 1/8 of mile. The first light is for Embassy Suites. Make the next LEFT (Kingsbridge) and then turn left into our parking lot. Complimentary parking is available in the lot.

I-287 South:

Take Exit 9 (River Rd.) Make a RIGHT off of exit onto River Rd and then at 1st light make LEFT (jug handle for Centennial Avenue). Go about 1/8 of mile. The first light is for Embassy Suites. Make the next LEFT (Kingsbridge) and then turn left into our parking lot. Complimentary parking is available in the lot.

Route 18 North:

Take Route 18 North over the John Lynch Bridge to River Rd./Highland Park exit. At the end of the exit you will make a RIGHT turn onto River Rd. (heading towards Piscataway). The 8th light will be Centennial Ave. and you will make a RIGHT. Go about 1/8 of mile. The first light is for Embassy Suites. Make the next LEFT (Kingsbridge) and then turn left into our parking lot. Complimentary parking is available in the lot

Garden State Parkway/NJ Turnpike:

Take to I-287 and proceed as above.



*If you have any questions, please call: 732-745-0709 or 732-235-6184
During inclement weather, please call our After-Hours Coverage line at (732) 991-3143
or check the Rutgers University website for campus operating status at
<http://newbrunswick.rutgers.edu/status>*