



NAMI CONNECTION

"THE EXTRA MILE"

Peer-To-Peer Support & Peer Led
Meetings Every Wednesday

6:30 pm to 8:00 PM

**Wellness & Recovery Outpatient Building
537 North Broad St., Woodbury, NJ 08096
(Across the street from Inspira Hospital's ER Entrance)**

No Insurance Needed – No Registration
Individuals 18 Years & Older Are Welcome

COME & JOIN US TO BEGIN ACCESSING:
Positive Support, Networking, Mutual Trust, Confidentiality,
Respect, Acceptance, Validation & Knowledge

COPE WITH: Depression, Bipolar, Anxiety, Anger, etc.
We will share what has worked for US.

**856-686-5500 Ask for BARBARA or
Email me at mahoneyb1@ihn.org**

Tues 9-5, Wed 12-9, Fri 9-1:30



PRINCIPLES OF SUPPORT

1. We will see the individual first, not the illness.
2. We recognize that mental illnesses are medical illnesses that may have environmental triggers.
3. We understand that mental illnesses are traumatic events.
4. We aim for better coping skills.
5. We find strength in sharing experiences.
6. We reject stigma and do not tolerate discrimination.
7. We won't judge anyone's pain as less than our own.
8. We forgive ourselves and reject guilt.
9. We embrace humor as healthy.
10. We accept we cannot solve all problems.
11. We expect a better future in a realistic way.
12. WE WILL NEVER GIVE UP HOPE.