



Hudson
County

**Does your child struggle with
emotional or behavioral issues?**

You are not alone.



NAMI HUDSON KIDS is a new support group for parents and caregivers of children and adolescents with mental health issues.

NAMI HUDSON KIDS meetings will provide a free and confidential safe space in which to meet other parents going through similar experiences and provide an opportunity to learn and share **coping skills, resources** and **strategies**. Each support group meeting will be led by trained volunteer facilitators who themselves have personal experiences raising children with these concerns.

Date: 2nd Tuesday of the month,
beginning May 8, 2018 (except August)

Time: 7:00 - 9:00 p.m.

Location: Jersey City Medical Center/Barnabas Health,
395 Grand St, Ambulatory Care Center, 2nd floor,
Jersey City, NJ 07302
(The 3 story building next to the main Hospital)
PARKING AVAILABLE in hospital lot behind building or on the street.

To RSVP or for more information contact:
Samantha Moore @ 917-880-8534 or **Martha Silva @ 201-861-0614**
namihudsonkids@gmail.com