



NAMI Somerset is Announcing a NEW Monthly Support Group for All Adults
Living with Mental Illness

FREE AND OPEN TO THE PUBLIC

You Are Not Alone! NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental health conditions. This group offers an opportunity to be empowered in our recovery by sharing challenges, successes and resources. Groups are led by NAMI trained facilitators who are themselves living with mental health conditions.

NAMI Connection Recovery Support Group will help you:

- ◆ Aim for better coping skills
- ◆ Find strength in sharing experiences
- ◆ Reject stigma and not tolerate discrimination
- ◆ Forgive ourselves and reject guilt
- ◆ Accept that we cannot solve every problem
- ◆ Work for a better future in a realistic way

1st Thursday of Every Month

7:00 pm to 8:30 pm

Starting November 1, 2018

**Richard Hall Community Mental
Health Center**

North Bridge Street, Bridgewater, NJ

For More Information Call:

- Patrick Mellin: (908) 801 - 7106
- Sue Ferranti: (908) 296 - 3732

All of our facilitators have received the NAMI National Connection Support Group Facilitator training through NAMI NJ



Somerset NJ