

“Great things are not done by impulse, but by a series of small things brought together.” - Vincent Van Gogh



National Alliance on Mental Illness

of Union County

P.O. Box 724, New Providence, NJ 07974 · (908) 233-1628 · namiunioncounty@yahoo.com · naminj.org/affiliates/union.html

NAMI Union County Public Meeting Schedule

Find out about mental illnesses and coping techniques by attending NAMI public meetings. Our meetings are truly a welcoming environment and inclusive as well as informative. You'll get to know others who are facing similar challenges.

Each meeting features a topic and speaker of interest to our community.

Meetings are open to the public and about 30-40 people attend.

Stay afterward for free refreshments and mingling.

Free literature available includes our Resource Guide for Union County.

Meetings begin at 7:30 PM and end about 9:15 PM

RWJ Rahway Fitness & Wellness Center

2120 Lamberts Mill Road, Scotch Plains

<http://rwjrahwayfitness.com/center/directions/>

Fall 2018 meetings

Wednesday, September 26, “Bi-Polar, Depression and Anxiety

Disorder in Young Adults” by Thomas Massarelli, Ph.D

Tuesday, October 23, “In Our Own Voice” from NAMI NJ

Tuesday, November 27, “Trends in Behavioral Healthcare” by

Dr. Jim McCreath, VPBH Trinitas

Speakers and topics subject to change.

Because of changes due to weather, space availability, holidays or other factors, please call (908) 233-1628 or write to namiunioncounty@yahoo.com to confirm the schedule.

No meetings in June, July, August, December or January.

Join the conversation about mental illness!