

The Mental Health Association of Essex and Morris
Intensive Family Support Services (IFSS)
Winter 2019 Schedule

All of these family support groups are open
New families are always welcome

Family Support Group: A professionally facilitated group where families are able to come together for mutual support. Goals of the group include: improving coping skills, relieving stress, and reducing isolation that often accompanies caring for a loved one with mental illness.

We have several ongoing family support groups as follows:

Montclair Family Support Group:

This support group meets on the 2nd and 4th Tuesday from 7:00 - 8:30 pm
Mental Health Association of Essex County
33 South Fullerton Avenue, Montclair (973)509-9777

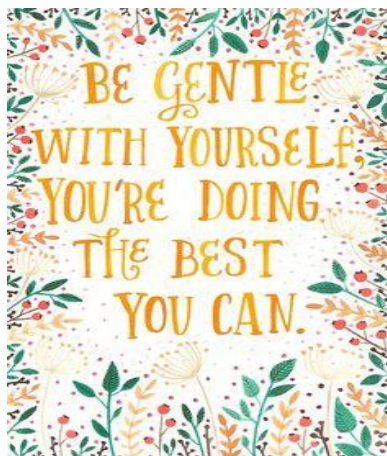
Millburn Family Support Group:

This support group meets on the 1st and 3rd Wednesday from 7:00 - 8:30 pm
Millburn Public Library, second floor
200 Glen Ave, Millburn, NJ 07041 Phone: (973)376-1006

Montclair Family Support & Education Group:

This support group is currently on hold pending the scheduling of our Autumn psychoeducational workshop series for families

All IFSS services are provided free of charge.



December 2018

12/4/2018: Montclair Family and Consumer Connection Group (TUES)

12/5/2018: Millburn Family Support Group (WED)

12/11/2018: Montclair Family Support Group (TUES)

12/18/2018: Montclair Family and Consumer Connection Group (TUES)

12/19/2018: Millburn Family Support Group (WED)

~~12/25/2018: Montclair Family Support Group (TUES)~~ Group Cancelled. Happy Holidays!

January 2019

01/8/2019: Montclair Family Support Group (TUES)

*01/9/2019: Millburn Family Support Group (WED) (Change in regular schedule)

01/15/2019: Family and Consumer Connection Group (TUES)

01/22/2019: Montclair Family Support Group (TUES)

*01/23/2019: Millburn Family Support Group (WED) (Change in regular schedule)

February 2019

02/5/2019: Family and Consumer Connection Group (TUES)

02/6/2019: Millburn Family Support Group (WED)

02/12/2019: Montclair Family Support Group (TUES)

02/19/2019: Family and Consumer Connection Group (TUES)

02/20/2019: Millburn Family Support Group (WED)

02/26/2019: Montclair Family Support Group (TUES)

March 2019

03/5/2019: Family and Consumer Connection Group (TUES)

03/6/2019: Millburn Family Support Group (WED)

03/12/2019: Montclair Family Support Group (TUES)

03/19/2019: Family and Consumer Connection Group (TUES)

03/20/2019: Millburn Family Support Group (WED)

03/26/2019: Montclair Family Support Group (TUES)