

Are you feeling stressed and alone
in trying to cope with the effects
of a loved one's mental illness?



and gain insight from others facing similar challenges.

NAMI Union County Family Support Group Meetings

First Presbyterian Church of Cranford, 11 Springfield Avenue, Cranford, NJ

Time: 7:30 PM – 9:00 PM / Date: 3rd Tuesday of every month

In case of inclement weather, please call:

908. 233.1628 or email namiunioncounty@yahoo.com

2019 Dates:

| | |
|--------------------|---------------------|
| January 15 | July 16 |
| February 19 | August 20 |
| March 19 | September 17 |
| April 16 | October 15 |
| May 21 | November 19 |
| June 18 | December 17 |



National Alliance on Mental Illness

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