

*"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/>

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### **Spring 2019 Meetings**

Tuesday, February 26, "Circle of Friends" (We tell our stories)

Tuesday, March 26, Carol Pedro of Youth & Family Counseling

April 23 – Topics to be announced

May 28 – Topics to be announced

*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!**