

Spring 2019



**National Alliance on Mental Illness offers
FREE PROGRAM FOR FAMILY MEMBERS**

DO YOU HAVE A FAMILY MEMBER WITH A MENTAL ILLNESS?

NAMI Somerset County Can Help...

Please register for our free, comprehensive, 12-week course designed specifically for family members of persons with major depression, bipolar disorder, schizophrenia, panic disorder, borderline personality disorder or obsessive compulsive disorder.

Our Family-to-Family Program Offers:

***Information
*Self-Care**

***Coping Skills
* Emotional Support**

***Empathy Skills
*Advocacy**

Classes will be held on Saturday Mornings 9:30 AM– 12 PM

Beginning Saturday February 23

Ending April 27 (no class April 20)

At

Emmanuel Church

100 Grant Ave., Somerville, NJ

(on road between RWJ Somerset formerly known as Somerset Medical Center and Steeplechase Cancer Center)

YOU MUST REGISTER FOR THIS COURSE - LIMITED SPACE

Please email Carolyn at ges18ch@comcast.net

Or call (908) 285-2238

Or email Roo at rooyoga@hotmail.com

Or call (908) 240-7622

ASAP