



IN PARTNERSHIP WITH



nami

National Alliance on Mental Illness

Hudson
County

Presents

NAMI HUDSON KIDS, a support group for parents and caregivers of children and adolescents with mental health issues.

Does your child struggle with
ADHD,
Oppositional
Defiance
Disorder,
Anxiety,
Depression,
Bipolar
Disorder
or other
Emotional or
Behavioral
Issues?

**YOU ARE NOT
ALONE**

NAMI HUDSON KIDS meetings provide a free and confidential safe space in which to meet other parents going through similar experiences and provide an opportunity to learn and share coping skills, resources and strategies. Each support group meeting will be led by trained volunteer facilitators who themselves have personal experiences raising children with these concerns.

Day: Third Tuesday of the month starting March 19th!

Time: 5:30 pm – 6:45 pm

Place: Skyway Family Success Center
Capital One Building,
35 Journal Square
Plaza Suite 501
Jersey City, NJ 07306

To RSVP or for more information contact:

Skyway Family Success Center

201-884-2224

info.skywayfsc@preventionlinks.org

or

NAMI Hudson Kids

Martha Silva @ 201-861-0614 or

Samantha Moore @ 917-880-8534

namihudsonkids@gmail.com