



100 Plainfield Avenue 8C • Edison, NJ 08817  
732-745-0709 • [www.namimiddlesex.org](http://www.namimiddlesex.org) • [namiofmiddlesex@gmail.com](mailto:namiofmiddlesex@gmail.com)

**NAMI Middlesex in collaboration with Intensive Family Support Services (IFSS) Speaker Series**

Generally takes place at UBHC 671 Hoes Lane, Rm. C101, Piscataway, 7:00 – 9:00 PM on the first Monday of the month.

**May 6, 2019**

***“Pharmacogenetics: Efficacy & Usefulness for Individuals with Mental Illness”***

Speaker: **Michael Schwartz**, President, Health Solutions Network

Have you or your loved one with serious mental illness struggled with finding the right psychotropic medications, and been challenged with being prescribed medications, which have led to adverse effects? Pharmacogenetics, the study and evaluation of the inherited differences (genetic variations) that affect drug metabolism and an individual’s response to medications, and available testing may be particularly significant for psychiatric disorders. This is an opportunity to find out more information about pharmacogenetics testing and whether this measure would be useful in preventing untoward and dangerous psychotropic drug reactions for you or your loved ones.

**Middlesex Support Groups for Families - Piscataway**

Coping meetings are open to adults who feel they have a family member dealing with a mental health and wellness issue. The meetings are co-chaired with Intensive Family Support Services Staff (IFSS). These take place at 151 Centennial Avenue, Piscataway.

- **Nighttime Meeting** – Second Thursday of each month 7 to 9:00 PM  
Meetings will take place - **April 11<sup>th</sup>**, May 9<sup>th</sup>, June 13<sup>th</sup>, July 11<sup>th</sup>, August 8<sup>th</sup>, September 12<sup>th</sup>, October 10<sup>th</sup>, November 14<sup>th</sup>, December 12<sup>th</sup>
- **Daytime Meeting** - Third Thursday of each month 2:30 to 4:30 PM  
Meetings will take place –**April 18<sup>th</sup>**, May 16<sup>th</sup>, June 20<sup>th</sup>, July 18<sup>th</sup>, August 15<sup>th</sup>, September 19<sup>th</sup>, October 17<sup>th</sup>, November 21<sup>st</sup>, December 19<sup>th</sup>

Free to everybody	No registration required
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**NAMI Middlesex Casual Outing Club**

The Casual Outing Club is a program that provides social gatherings for adults who are interested in recreational and social activities. The events take place the 4<sup>th</sup> Wednesday of each month usually at the Reformed Church of Highland Park, “cave level,” 19 South Second Ave, Highland Park, NJ from 6:30 – 8:30PM.

**Upcoming event: April 24<sup>th</sup>** Join us for dinner and games

Contact the NAMI-Middlesex office at 732-745-0709 for further information.

Registration <b>not</b> required; Please stop by!
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**NAMI Middlesex Young Adult Social Club**

Our Young Adult Social Club provides recreational opportunities and fellowship. The events are generally held on the 2nd and 4th Sunday afternoon of every month at **Rutgers Hardenburg Hall, 615 George Street, New Brunswick**, and range from bowling, to mini-golf, movies and picnics in the park. Contact Laurie (732-822-7832)

Calendar of Events: Apr 14 - Menlo Park Mall in Edison @ 1

Apr 27 - RU Day @ College Ave in New Brunswick

May 4 - Disability Allies Gala @ 5 in Old Bridge: **Registration is required on-line at [www.disabilityallies.com/gala](http://www.disabilityallies.com/gala)**

May 12 - Mini Golf @ Tara Greens in North Brunswick

No registration required unless specified

**Save the Date! – Join us at [NAMIWalks NJ](http://NAMIWalks NJ)**

**Saturday, September 28, 2019** as we walk on the **Boardwalk at Seaside Park** in Ocean County.

NAMIWalks brings together persons in mental health recovery, family members, friends, healthcare providers, businesses, students, researchers, advocates and all community members who support wellness and recovery.

**Help NAMI Middlesex through Amazon donates**

Amazon donates to NAMI Middlesex when you shop at [smile.amazon.com/ch/22-3405678](http://smile.amazon.com/ch/22-3405678).

Thank you for your support.

**CHOICES “Free” Peer Lead Support Group – Get the help to Stop Smoking or Stay Quit!**

317 George Street, Suite 105 New Brunswick, NJ

Call for more Information at 732-235-3361 or visit [www.njchoices.org](http://www.njchoices.org)

EVERY OTHER TUESDAY 11AM– 12:30PM

(CHOICES is a partnership between Rutgers-RWJMS Division of Addiction Psychiatry, the Mental Health Association of New Jersey (MHANJ) and the NJ Division of Mental Health and Addiction Services and funded by the NJ Department of Health)

**In Our Own Voice Public Presentations**

In Our Own Voice is a NAMI signature program designed to raise mental health awareness, fight stigma, and bring messages of hope and recovery to the mental health community. A program overview and preview video is online. Free presentations anywhere in NJ can be scheduled by contacting [ioov@namnj.org](mailto:ioov@namnj.org).

**Moving Forward Community Wellness Center**

Invites NAMI Members and the mental health community

25 Elizabeth St., New Brunswick, 732-317-2920

Hours 1-5 Monday, Wednesday – Saturday. Closed Tuesdays and Sundays.

Free and open to all

**NJ Self-Help Group Clearinghouse Helpline** [www.njgroups.org](http://www.njgroups.org)

NJ residents call 1-800-367-6274

This is a program of Saint Clare's Health System and is made possible by funding from the NJ Division of Mental Health and Addiction Services.

The Self-Help Clearinghouse now offers a new information resource: use the web address [www.njgroups.org](http://www.njgroups.org). Proceed by selecting "Find a group", fill in a keyword for your request, then review "What We Found". You can also get access to a quarterly e-newsletter.

**NAMI Connection Meetings – New Brunswick**

NAMI Connection is a recovery support group for adults living with mental health issues. Attendees learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding. These take place at Moving Forward Community Wellness Center, 25 Elizabeth St, New Brunswick, (732) 317-2920

First and Third Wednesdays - 4:45pm to 6pm

For more information about NAMI Connection, contact Jay Yudof, Recovery Programs Coordinator, at (609) 642-6959, [judof@hotmail.com](mailto:judof@hotmail.com).

Free to everybody	No registration required
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**Crisis/Hospital Diversion Services**

Rutgers University Behavioral Health Care – Piscataway

Intensive Family Support Services (IFSS) 732-235-6184

Early Intervention Support Services (EISS) 732-235-4422

APS (Acute Psychiatric Services) 1-855-515-5700

Peer Recovery Warmline 877-292-5588

Middlesex County Wellness Respite Services 732-354-4403 [www.cspnj.org](http://www.cspnj.org)

**NAMI New Jersey Multicultural Support Groups**

NAMI New Jersey runs multicultural support groups in and around Middlesex County for interested individuals and families. These are:

African American Outreach Advisory Group (AACT-NOW)

NAMI NJ en Español/Latino Outreach

Chinese American Mental Health Outreach Program (CAMHOPNJ)

South Asian Mental Health Outreach & Education and Support (SAMHAJ)

**Call NAMI NJ for further information 732-940-0991**

**NAMI MIDDLESEX Facebook page**

Visit our facebook page for updates on meetings, activities, and sources of information from NAMI Middlesex. Go to <https://www.facebook.com/NAMIMiddlesex/> Once you are on the page, please click on the "like" icon.

**NAMI AIR**

Connect with others through smartphones and computer tablets with "NAMI AIR". Download the free app from the Apple App Store or Google Play Store. NAMI AIR, is anonymous, and provides another way for individuals living with mental health conditions and their family members/caregivers to find and give support.

NAMI-Middlesex Monthly Update – April 2019

**NAMI Middlesex Board Meetings**

Your board of trustees meets monthly at 6PM, generally on the 2nd Tuesday of each month.

**NAMI Middlesex Membership**

Join NAMI Middlesex- annual dues \$40 individual, \$60 family or \$5 open door if cannot afford the dues. You may join/renew by sending your payment/contribution to:

NAMI Middlesex

100 Plainfield Avenue 8C, Edison, NJ 08817

Mark the envelope "new member" or "membership renewal," and include your phone number, mailing address and email address. Or log on **[www.namimiddlesex.org](http://www.namimiddlesex.org)**

*NAMI Middlesex is a 501(c)3 registered nonprofit. You may make a tax-deductible contribution directly, or route payments to us through your United Way Payroll Deduction. (Use Taxpayer ID Number #22-3405678)*