



NAMI New Jersey



Feeling down and needing someone to talk to? You are not alone!

情緒低落? 需要有人談心? 您不需獨自面對!

NAMI Connection Recovery Support Group

By NAMI New Jersey's Chinese American Mental Health Outreach Program (CAMHOP)

NAMI Connection Recovery Support Group is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

CAMHOP, one of NAMI New Jersey's four multicultural programs, is excited to announce a new NAMI Connection group in Hackensack, Bergen County. Meetings will be conducted in English primarily, facilitated by trained CAMHOP peers, with the cultural setting being Asian American.

www.naminj.org/programs/multicultural/camhop



Dates: 2nd Saturday of every month

First meeting: January 11, 2020

Time: 11:00 am – 12:30 pm

**Location: Bergen Wellness Center
177 Hudson Street,
Hackensack, NJ 07601
(Limited street parking)**

**Contact: 732-940-0991 ext.109 or
camhop@naminj.org**

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