

## NAMI Greater Bergen You are Not Alone

NAMI Greater Bergen is a NAMI Affiliate of the National Alliance on Mental Illness.

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental health issues. NAMI advocates for access to services, treatment, support, and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.


Through support, education, and advocacy throughout the Bergen County area, NAMI Greater Bergen aids individuals and families affected by mental health issues. We have proudly served in the Bergen County area for over 35 years and as NAMI Greater Bergen since 2018.

## MEMBERSHIP APPLICATION

### Join NAMI Greater Bergen

When you join now, you become a member of NAMI Greater Bergen, NAMI New Jersey and the national NAMI organization.

Two ways to join or renew:

 Mail this form to: NAMI Greater Bergen, 304 Valley Blvd, Wood-Ridge, NJ 07075

 Go to: <https://www.nami.org/Get-Involved/Join>  
Be sure to mark "NAMI Greater Bergen" as your local affiliate during sign up!

**Yes, I want to:** *(please check one)*

Join NAMI     Renew membership for one year

#### Dues

\$40 Regular Membership  
 \$60 Household Membership  
 \$5 Open Door *(for low income)*

*(optional)*

I would like to make an additional donation of \$\_\_\_\_\_ to:  
 NAMI Programs and Operations     Scholarship Fund

**Primary Member Last Name:**

\_\_\_\_\_

**Primary Member First Name:**

\_\_\_\_\_

**Address:**

\_\_\_\_\_

**City, State, Zip:**

\_\_\_\_\_

**Phone:**

\_\_\_\_\_

**Email:**

\_\_\_\_\_

#### Payment Information

Check (Payable to "NAMI Greater Bergen")  
 Cash Enclosed

To pay by Credit Card, please join online at  
[www.nami.org/Get-Involved/Join](https://www.nami.org/Get-Involved/Join)  
Select "NAMI Greater Bergen" as your local affiliate during sign up!



National Alliance on Mental Illness

# Greater Bergen



304 Valley Blvd  
Wood-Ridge, NJ 07075  
(201) 935-6264

[www.namigreaterbergen.org](http://www.namigreaterbergen.org)

Help-Line: (201) 262-4357 (HELP)

# NAMI Signature Programs

## **NAMI Family-to-Family**

NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people coping with mental health issues. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises.

Email [namibergennj@gmail.com](mailto:namibergennj@gmail.com) to receive information about upcoming spring or fall sessions. Space is limited and advance registration is required. Other adult family members may take the course with you.

## **NAMI Connection**

NAMI Connection Recovery Support Group is a free, peer-led support group for adults coping with mental health issues. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who have been there.

NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need. The groups meet on a bi-weekly, weekly or monthly basis.

Meetings on 4<sup>th</sup> Thursday of every month  
7:30 – 9:00 PM  
CarePlus Mental Health Center  
610 Valley Health Plaza (Community Room)  
Paramus, NJ 07652

Please call (201) 646-0333  
before your first attendance.

Meetings on 2<sup>nd</sup> Monday of every month  
7:30 – 9:00 PM  
Church of the Presentation  
271 W Saddle River Rd  
Upper Saddle River, NJ

Please call (201) 785-9076  
before your first attendance.

## Other Programs and Services We Offer

### **Family Support**

Caregiver support groups for family members who are 18+ years old, provided by partnership with IFSS (Intensive Family Support Services).

Weekly on Thursday evenings

7:00 -9:00 pm

CarePlus Mental Health Center

610 Valley Health Plaza (Conference Room)

Paramus, NJ 07652

Contact the IFSS of Bergen County office at  
(201) 646-0333 before your first attendance.

### **Meet the Professional**

Monthly educational speaker forum is open to the public.

Bergen New Bridge Medical Center

(Auditorium)

230 E Ridgewood Ave, Paramus, NJ 07652

Email [namibergennj@gmail.com](mailto:namibergennj@gmail.com) to receive information. Forums are held in October, November, January, February, March, April, and May. Please watch for our email announcements.

**Questions about our programs?  
Find out more on our website:  
[www.namigreaterbergen.org](http://www.namigreaterbergen.org)  
or call (201) 935-6264**