NAMI Middlesex County
in collaboration with

RUTGERS
University Behavioral
Health Care

Intensive Family Support Services of Middlesex County (IFSS)

COPING
An open support group for families dealing with mental illness

COPING is a project provided by NAMI Middlesex County in its ongoing attempts to improve the quality of life for people with recurring mental illness and their families.

**Companionship**
We provide a forum for family and friends to share common experiences in dealing with mental illness in our families.

**Open Discussion**
We share information and suggestions to help resolve common problems. This fosters the development of useful tools that can be implemented to ease family burden.

**Peer Support**
We help one another deal with the isolation and frustration that we feel in our attempts to cope with mental illness.

**Information Exchange**
One fundamental contribution of COPING is to give family members insight into new directions, which is achieved through the fruitful interchange of experience and information.

**New Direction**
A common reaction of family members is to let their own lives suffer as they struggle with the mental illness of a loved one. However, as the lifeguard knows, one must keep oneself from being pulled under to save those in need of help.

**Growing Hope**
Families in COPING soon find that their problems are not unique, and they gain strength by releasing their frustrations in a friendly and understanding atmosphere. New perspectives help families to plan for positive change in the future.

### 2020 Schedule (Revised- 03/2020)

**Evenings**

**THURSDAYS (BIWEEKLY GROUPS) – 5:00 PM TO 7:00 PM**

- April 16th
- April 30th
- May 14th
- May 28th
- June 11th
- June 25th
- July 9th

- July 23rd
- August 6th
- August 20th
- September 3rd
- September 17th
- October 1st
- October 15th

- October 29th
- November 12th
- November 26th (No Group-Thanksgiving)
- December 10th
- December 24th

Register in advance for these virtual family support groups:
https://us02web.zoom.us/meeting/register/tZIuf-Corj0pGtWfQtdOwl-IsHo33dMcIi1

For more information, contact Intensive Family Support Services (IFSS) 732-235-6184 or (908) 433-2291, or NAMI of Middlesex County at 732-745-0709.