

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/tZluf-Corj0pGtWfQtdOwl-lsHo33dMcLL1>

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.