



nami **Family-to-Family**
National Alliance on Mental Illness

Offered by



FREE PROGRAM FOR FAMILY MEMBERS

DO YOU HAVE A FAMILY MEMBER WITH A MENTAL ILLNESS?

NAMI Somerset County Can Help. . .

Please register for our free, comprehensive, 8-week course designed specifically for family members of persons with major depression, bipolar disorder, schizophrenia, panic disorder, borderline personality disorder or obsessive compulsive disorder.

Our Family-to-Family Program Offers:

- *Information**
- *Coping Skills**
- *Empathy Skills**
- *Self-Care**
- *Emotional Support**
- *Communication Skills**

Classes will be held on Wednesday Evenings January 6th – Feb. 24th

From 6:30 PM – 9:00 PM Via Zoom

YOU MUST REGISTER FOR THIS COURSE-LIMITED SPACE

Please email Carolyn at ges18ch@comcast.net

Or call (908) 285-2238

Or email Maureen at MaureenK24@comcast.net

Or Call (908) 403-9193