



nami

of Union County

National Alliance on Mental Illness

NAMI 2021 MEETINGS CAN HELP!

Family Support Zoom Group

FOR: Family members and caregivers of persons with mental illness.

Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental illness? Join our peer-led group meetings and gain insight from others facing the same challenges.

To register, e-mail Denise at namiunioncounty@yahoo.com with your name, town, and phone number.
3rd Tuesday of every month 7:00 PM – 8:30 PM

2021 Union County Family Support Group Dates via Zoom

January 19	May 18	September 21
February 16	June 15	October 19
March 16	July 20	November 16
April 20	August 17	December 21

Zoom Speaker Presentations

FOR: Anyone who wants to find out about mental illnesses, treatments and community resources. Professional speakers on relevant topics with Q&A to follow. Free Resource Guide for Union County available.

To register, go to <http://www.naminj.org/support/affiliates/union/> >Upcoming Event>Click on the Register here link. Link will not be available until a few days before the event.

4th Tuesday 7:30 PM - 9:00 PM

2021 Union County Speaker Presentation Dates Via Zoom

February 23	September 28
March 23	October 26
April 27	November 23
May 25	

No meetings in December, January, June, July, or August.

Join the Conversation about Mental Illness!

Our meetings are truly a welcoming environment and inclusive as well as informative.
NAMI membership is not required to attend.

Please note all in person meetings have been suspended. All meetings are via Zoom until further notice.

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<http://www.naminj.org/support/affiliates/union/> www.facebook.com/NAMI.unioncounty