

MENTAL HEALTH ASSOCIATION OF ESSEX AND MORRIS, INC

**INTENSIVE FAMILY SUPPORT SERVICES (IFSS) PRESENTS:
FALL 2021 FAMILY PSYCHOEDUCATIONAL WORKSHOP SERIES CURRICULUM**

Week One

Tuesday, October 5, 2021 Introduction and Overview of Series;
Coping with a Crisis, Practical Tips and Resources.

Week Two

Tuesday, October 12, 2021: The Biological Basis for Mental Illness,
Cultural Issues, and Stigma

Week Three

Tuesday, October 19, 2021: Schizophrenia - Etiology, Symptoms, and Treatment

Week Four

Tuesday, October 26, 2021 Bipolar Disorder, Depression, and other Mental Health
Conditions (Anxiety, OCD, Personality Disorders)

*Please note that this series will not meet on Tuesday November 2nd in observance
of Election Day. We will resume on Tuesday November 9, 2021.*

Week Five

Tuesday, November 9, 2021 Impact of Mental Illness on the Family;
Understanding the unique roles of each family member:
Parent, Child, Sibling, Spouse, or Significant Other

Week Six

Tuesday, November 16, 2021: Communication Fundamentals:
Reflective Listening and Limit Setting

Week Seven

Tuesday, November 23, 2021: NAMI In Our Own Voice

Groups will be held virtually via Zoom
All sessions begin at 6:30 PM and end at 8:00pm

For Info & to RSVP contact Renee Folzenlogen RFolzenlogen@mhaessexmorris.org,
or 973-509-9777 ext. 111

MENTAL HEALTH ASSOCIATION OF ESSEX AND MORRIS, INC

INTENSIVE FAMILY SUPPORT SERVICES YEAR-ROUND SUPPORT GROUPS

A professionally facilitated group where families are able to come together in a non-judgmental and confidential environment for mutual support. Goals of the group include: improving coping skills, relieving stress, and reducing isolation that often accompanies caring for a loved one with mental illness.

We are currently offering the following ongoing family support groups.

All of these family support groups are open and are meeting via zoom

New families are always welcome

Thursday Morning Family Support Group:

This group meets weekly from 11 am to 12:15 pm

Contact Mel at mbryan@mhaessexmorris.org

Wednesday Evening Family Support Group:

This group meets on the 1st and 3rd Wednesday of each month from 7:00 - 8:30 pm

Contact Renee at Rfolzenlogen@mhaessexmorris.org

Siblings Only Monthly Support Group

This group is designed for adult siblings of individuals with mental illness, and addresses the unique experiences and challenges faced by individuals in this family role. Meetings take place on the last Monday of each month from 7pm -8:30pm.

Contact Renee at Rfolzenlogen@mhaessexmorris.org

Family and Consumer Connection Group: A professionally facilitated group where families and consumers come together to discuss and problem-solve challenges in a supportive environment. Goals of the group include providing support to families as well as improving communication within the family and strengthening socialization.

This group meets on the 1st and 3rd Tuesday of the month from 3pm to 4:30pm

Contact Andrea Marana at amarana@mhaessexmorris.org

All IFSS services are provided free of charge.