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.

**2022 Schedule (January - April 2022)**

**Evenings**

**THURSDAYS (BIWEEKLY GROUPS) – 5:00 PM TO 6:30 PM**

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<tr>
<th>Jan 6th</th>
<th>Feb 17th</th>
<th>Mar 31st</th>
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<td>Jan 20th</td>
<td>Mar 3rd</td>
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<td>Feb 3rd</td>
<td>Mar 17th</td>
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Register in advance for these virtual family support groups:
[https://us02web.zoom.us/meeting/register/tZlf-Corj0pGtWfQtdOwl-IIsHo33dMcILl1](https://us02web.zoom.us/meeting/register/tZlf-Corj0pGtWfQtdOwl-IIsHo33dMcILl1)

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