



National Alliance on Mental Illness offers

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 Tuesday Evenings Oct. 25th- Dec. 13th

From 6:30 PM – 9:00 PM Via Zoom

YOU MUST REGISTER FOR THIS COURSE-LIMITED SPACE

Please email Carolyn at carolynhespe@gmail.com

Or call (908) 285-2238

Or email Maureen at MaureenK24@comcast.net

Or Call (908) 403-9193