

**NAMI Middlesex County**  
*in collaboration with*



University Behavioral Health Care

**Intensive Family Support Services of Middlesex County (IFSS)**

**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.

**2023 Schedule (January - April 2023)**

**Evenings**

**THURSDAYS (BIWEEKLY GROUPS) – 5:30 PM TO 7:00 PM**

Jan 5<sup>th</sup>  
Jan 19<sup>th</sup>  
Feb 2<sup>nd</sup>

Feb 16<sup>th</sup>  
Mar 2<sup>nd</sup>  
Mar 16<sup>th</sup>

Mar 30<sup>th</sup>  
Apr 13<sup>th</sup>  
Apr 27<sup>th</sup>

Register in advance for these virtual family support groups:

<https://us02web.zoom.us/meeting/register/tZluf-Corj0pGtWfQtdOwl-IsHo33dMcIL11>

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