

Support Groups for Family Members

The following groups are for FAMILY MEMBERS of those who have mental illness.

YOU ARE NOT ALONE.

Join us at the following locations to:

- **LEARN** more about mental illness, the system and resources
 - **SUPPORT** others and yourself
- **GAIN SKILLS** in communicating with your ill family member
- **FIND EMPOWERMENT** in helping your ill family member
- **ADVOCATE** for those with mental illness and their families

**United Methodist Church of Absecon
(National Alliance on Mental Illness- NAMI)**

***Support Staff from Intensive Family Support Services available at this meeting**

2nd Monday of every month

7:00 PM

100 Pitney Road, Absecon NJ

**Mental Health Association in Atlantic County
(Intensive Family Support Services- IFSS)**

2nd Thursday of every month

10:30 AM

4 East Jimmie Leeds Road, Suite 8 Galloway NJ