



# Atlantic/Cape May

## **FAMILY TO FAMILY SPRING COURSE-Spring 2019**

A beacon of hope for families of loved ones suffering with mental illness



Will run on Wednesday evenings beginning March 13<sup>th</sup> and ending May 29<sup>th</sup>, 2019

From 7-9PM

United Methodist Church of Absecon

100 Pitney Road Absecon, NJ

Free of charge

Funded by NAMI NJ

Parking in the back of church

Go thru double doors (flyer taped to door), down the steps into large room with sofas

**Register by contacting Gary Tucker: 609-705-8236,**

[portnik@comcast.net](mailto:portnik@comcast.net)

**Or Meghan McGettigan: 609-385-7825,**

[mcgett18@gmail.com](mailto:mcgett18@gmail.com)

**Applications accepted until March 27<sup>th</sup>, 2019**

***The curriculum is designed to empower participants.***

- Knowledge is Power: Separate fact from fiction about mental illness.
- Coping skills: Learn effective communication skills with your loved one during crises and times of stability.
- Advocacy: Become a natural advocate in identifying and accessing appropriate treatment and rehabilitation resources.
- Feel the empowerment of breaking your isolation with others.