

**Our mission:** Educate, advocate and support those affected by mental illness in every community throughout the nation. They are families challenged by the disabling nature that mental illness has on their loved ones, and those struggling with the disease itself. Mental illness can occur simultaneously with substance abuse and is a brain disorder.

Please review the programs and services listed below that have reached Atlantic/Cape May residents since our modest beginning in 1986.

**Programs and Services-Free, unlimited, transformative:** Family extends to anyone who is caring for or involved with a mentally ill individual. All are welcome whether loved ones have a psychiatric diagnosis. Unfortunately, many mentally ill people will not see a doctor because they do not believe they have an illness.

**Family Support Group:** Self-help, peer-led meetings address the needs and concerns family members have regarding their mentally ill loved ones. Break the isolation and stigma from suffering alone! Find on-going support as your loved one may relapse and celebrate the progress of recovery.

**Family to Family Education Program:** A 12-week course helping families and significant others cope more effectively with the disease, the mental health system and find support for themselves. Learn how your loved one can accept help for a sustained recovery. Discover the miracle of how your own self-care helps heal your loved one.

**Connection Support Group:** Self-help, peer led meetings offer support and friendship to those facing the challenges mental illness presents in everyday life. Recovery is on-going and, this group encourages the adoption of those vital activities.

**In Our Own Voice:** An insightful look at the journey men and women affected by mental illness have taken on their road to recovery. The program is delivered by those facing the challenges of living with mental illness in an interactive format. It can be presented to organizations of lay people, students and professionals.

**Community/Health Fair Events:** We participate in various community events and health fairs to distribute our message, share information and broaden our network of supporters.

**Advocacy:** Family members are trained to advocate for their loved ones when services are denied or poorly delivered. NAMI Atlantic/Cape May has helped improve the County and State

service delivery system and legislative initiatives, participating in several influential boards and Ancora State Hospital.

**Membership counts!** We ask that you become a paid member of NAMI. Our political clout is evaluated by the number of paid members and helps fund our work. See the membership application in this brochure.

**Feel free to donate or volunteer!**

There are many volunteer opportunities to explore. All monetary donations are tax deductible under our non-profit status.

Contact A NAMI representative to answer your questions and provide initial support to you.

Atlantic County For information Contact  
Gail Dembin at 609-927-2015 gail.dembin@hotmail.com  
Abbie Katz 215-327-7940 abbieekatz@aol.com

Cape May County For information Contact  
Paul Herbert 609-335-2952  
Abbie Katz 215-327-7940 abbieekatz@aol.com

## Family Support And Connection Group Meetings

**Atlantic County Location**  
**2nd Monday of the Month**  
**UNITED METHODIST CHURCH**  
**of ABSECON**  
100 Pitney Road  
Absecon, NJ  
7:00-9:00 PM

Contact: Gail Dembin 609-927-0215

**Cape May County Location**  
**3rd Wednesday of the Month**  
**TABERNACLE**  
**UNITED METHODIST**  
702 Seashore Road, Erma, NJ  
7:00-9:00 PM

Contact: Paul Herbert 609-335-2952

NAMI

**ATLANTIC/CAPE MAY**  
*The Family Voice on Mental Illness*

### APPLICATION FOR MEMBERSHIP

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone: Home \_\_\_\_\_

Work or Cell \_\_\_\_\_

#### TYPE OF MEMBERSHIP

\_\_\_\_\_ Household - \$60

\_\_\_\_\_ Individual - \$40

\_\_\_\_\_ Open Door - \$5

#### Membership includes:

NAMI Atlantic /Cape May membership and newsletter.

NAMI New Jersey membership and newsletter.

NAMI membership and newsletter, "Advocate."

Access to current information on research, medications, legislation, advocacy projects, anti-stigma activities, conferences, and more.

Please mail your check payable to:

**NAMI Atlantic/Cape May**

P.O. Box 1557  
Absecon, New Jersey 08201

(609) 927-0215

E-mail: [nami1557@comcast.net](mailto:nami1557@comcast.net)