



Atlantic/Cape May

FAMILY-TO-FAMILY FALL EDUCATION COURSE- FALL 2019 **A beacon of hope for families of loved ones suffering for mental illness**



Beginning Wednesday, September 18th
7-9PM

United Methodist Church of Absecon
100 Pitney Road Absecon, NJ

Free of Charge
Funded by NAMI NJ
Parking behind the church
Go through double doors (flyer taped on door)
down the steps into a large room with sofas

Applications accepted until September 18th
Contact Rachel Ludwig at rachelhludwig@gmail.com
Phone: 1-609-517-4823

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 times of crisis 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