

Replace ignorance, judgment, and stigma with understanding, compassion, and acceptance through Support, Education and Advocacy.

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The COVID 19 pandemic has turned our world upside down. No longer can we feel the positive energy from in-person support and educational meetings. Although the virtual world has limitations, it keeps us safe from exposure to the virus and allows good communication on the ZOOM platform. ZOOM is accessed through computerized devices and simple keypad landlines. Specific directions on using devices and phones are listed on the invitation sent out when you register.

Register for these programs: rachelhludwig@gmail.com to receive the ZOOM link

FAMILY SUPPORT

- A self-help, peer-led group of families, friends and caregivers of adults struggling with mental illness, and in many cases, with loved ones who have co-occurring addiction disorders. Run by NAMI trained facilitators.

2020-2021 Schedule

Meets the 2nd Monday of the month from 7-8:30 PM

November 9 * December 14*

January 11 * February 8 * March 8 * April 12 * May 10 * June 14 * July 12 * August 9

September 13 * October 11 * November 8 * December 13

CONNECTION, PEER SUPPORT FOR ADULTS IN MENTAL HEALTH RECOVERY

Find friendship and understanding in this peer led support group facilitated by a NAMI trained member.

2020-2021 Schedule

Meets the 1st Monday of the month from 7-8:30 PM

December 7

2021 Jan 4* Feb 1* Mar 1* April 5* May 3* June 7* Jul 5* Aug 9* Sep 6* Oct 4* Nov 1* Dec 6

MENTAL HEALTH EDUCATION

- Experts offer information, resources, and coping skills strategies on various topics.
- Families, caregivers and in mental health recovery find the information invaluable

Topics covered include Navigating the Atlantic County Mental Health System, Identify major mental illness disorders, Early Intervention Psychosis programs and much more.

**See our web site for a full listing. www.namiac.org
Meets the 4th Monday of the month from 7-8:30 PM**