



National Alliance on Mental Illness

nami

Somerset NJ

**National Alliance on Mental Illness offers
FREE PROGRAM FOR FAMILY MEMBERS**

DO YOU HAVE A FAMILY MEMBER WITH A MENTAL ILLNESS?

NAMI Somerset County Can Help...

Please register for our free, comprehensive, 12-week course designed specifically for family members of persons with major depression, bipolar disorder, schizophrenia, panic disorder, borderline personality disorder or obsessive compulsive disorder.

Our Family-to-Family Program Offers:

***Information
*Self-Care**

***Coping Skills
* Emotional Support**

***Empathy Skills
*Advocacy**

**Classes will be held on Saturday Mornings 9:30 AM– 12 PM
September 23rd through December 16th**

(no class November 25th Saturday after Thanksgiving)

At

Emmanuel Church

100 Grant Ave., Somerville, NJ

**(on road between RWJ Somerset formerly known as Somerset Medical
Center and Steeplechase Cancer Center)**

YOU MUST REGISTER FOR THIS COURSE - LIMITED SPACE

Please email Carolyn at ges18sch@comcast.net

Or call (908) 285-2238

Or email Roo at rooyoga@hotmail.com

Or call (908) 240-7622

ASAP