

NAMI Family & Friends is a 90-minute seminar that informs and supports people who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders have personal experience with mental health conditions in their families. Participants will receive a free E-book when they register for the seminar.

NAMI NJ, the local organization of the National Alliance on Mental Illness, will offer its next NAMI Family & Friends seminar on Friday, March 18, in conjunction with Mental Health Association of Essex and Morris, Inc. It will be held on Friday, March 18th from 11:00 am to 12:30 pm. Register here and select the NJ class:

<https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-Friends/details?programListingId=a2u1Q000001IXbJQAU>



Audience Perspectives

“The real-life examples that the co-teachers shared were helpful in realizing we are not the only ones going through this and it gave us all some hope for better days for us and our loved ones.”

“Programs like this really reduce the stigma and fear surrounding talking about mental health conditions. I felt supported and understood.”

For More information, Contact:

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