

**Are you feeling stressed and alone
in trying to cope with the effects
of a loved one's mental illness?**



and gain insight from others facing similar challenges.

NAMI Union County Family Support Group Meetings

First Presbyterian Church of Cranford, 11 Springfield Avenue, Cranford, NJ

Time: 7:30 PM – 9:00 PM / Date: 3rd Tuesday of every month

In case of inclement weather, please call:

908. 233.1628 or email namiunioncounty@yahoo.com

2020 Dates:

January 21	July 21
February 18	August 18
March 17	September 15
April 21	October 20
May 19	November 17
June 16	December 15

