



National Alliance on Mental Illness

FAMILIES WITH A LOVED ONE WITH MENTAL ILLNESS:

Do you need answers to the following questions?

- What do I do if there's a crisis?
- How can I get a clear diagnosis for my loved one?
- How can my loved one and I communicate better?
- What local services in my community am I missing out on?
- What are all these medications for?
- What are the best treatments now available for my loved one?
- How do I take care of myself in all of this?

Finally, there is somewhere to turn!

Take "Family-to-Family"

NAMI's FREE 12-Session Course

Thursdays, Feb. 25 - May 12, 7:00-9:30pm

Location: Bridgeway

93 Stickles Pond Rd. Newton

To register, call Nancy at 973-875-5998.

Pre-registration is required. Class size is limited to 20.

Law Enforcement and Persons with Mental Illness

Thursday, Feb. 4,

7-8:30 p.m.

We will show the award-winning, 25-minute NAMI NJ video, *The Community I Serve*, and then Jeri Doherty and Skip Hemschot will lead a discussion about safe and humane responses our community should expect when law enforcement officers respond to a call involving a person showing symptoms of a mental health crisis. Numerous counties in New Jersey, including neighboring Warren County, have implemented CIT (Crisis Intervention Training) for police officers. It's time for us to urge Sussex County's municipal police chiefs to explore bringing this highly acclaimed training to Sussex County.

Location: Bridgeway

93 Stickles Pond Rd., Newton

This program is open to the public free of charge. There is no need to register in advance.

For more information call 973-214-0632.

THERE WILL BE NO NAMI SUSSEX BUSINESS/ADVOCACY MEETING IN JANUARY.

Our next business meeting will be Thurs., Feb. 4, guest speaker and topic to be announced.

NAMI Sussex Family Support and Information Meeting, Tues., Jan. 5

NAMI Sussex holds a free Family Support and Information Meeting **the first Tuesday of every month, 7:00-9:00 p.m.**, at Newton Medical Center, 175 High Street, Newton. Enter through the main entrance and ask at the reception desk to be directed to the Emergency Dept. Conference Room. We provide support, information and referral for family members of individuals with a mental illness. Confidentiality is always respected. For more information, call **973-214-0632**.

**NAMI Sussex Family-to-Family Alumni Support Group
Meets Tues., Jan. 19**

NAMI Sussex holds a special family support group for those who have completed our Family-to-Family course. Come once a month to gather with old friends from your F2F class and meet new friends from other F2F classes. Empathize with each other's continuing struggles or rejoice together about obstacles overcome and successes achieved. This group meets every **third Tuesday of the month, 7-9:00 p.m.**, at Bridgeway, 93 Stickles Pond Rd., Newton. For more information, call Toni at **908-642-0882**.

NAMI Connection Recovery Support Group Meets Mon., Jan. 11 & 25

Our peer-led support group for adults recovering from mental illness, NAMI Connection, meets the **second and fourth Monday of the month, 7:00-8:30 p.m.**, at A Way to Freedom Community Wellness Center in the Mitchell Agency Building, 29 Trinity Street, Newton (entrance at rear of building). The group offers respect, understanding, encouragement, and hope. There is no charge and no need to pre-register. Everyone is a valued participant. Confidentiality is always respected. Call **973-214-0632** for further information.

Our NAMI Basics Parent Support Group will Meet Wed., Jan. 23

We will resume our support group for parents who have taken the NAMI Basics course on the **fourth Wednesday of the month, 7:00-9:00pm, January 23**, at Family Partners of Morris/Sussex (FSO), 67 Spring St., Newton.