



We are pleased to offer
NAMI Family to Family this Spring!



NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition. NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises.

What You'll Gain

NAMI Family-to-Family not only provides information and strategies for taking care of the person you love, but you'll also find out that you're not alone. Recovery is a journey, and there is hope. The group setting of NAMI Family-to-Family provides mutual support and shared positive impact—experience compassion and reinforcement from people who understand your situation. Sharing your own experience may help others in your class. In the program, you'll learn about:

- How to solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Supporting your loved one with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- How to handle a crisis
- Current treatments and therapies
- The impact of mental health conditions on the entire family

Sign up for a class!

NAMI Somerset County

Every Monday, February 17 - April 7, 2025

6:30 p.m. - 9:00 p.m. ET

Online

Registration is required. Space is limited. Please email Carolyn at carolynhespe@gmail.com, or call (908) 285-2238; Or email Maureen at MKreindel24@gmail.com, or call (908) 403-9193.

NAMI Hudson County

Every Friday, February 21 - April 11, 2025

6:30 p.m. - 9:30 p.m. ET

Online

[Register here](#)

Registration is required. Participants are asked to commit to attending all 8 sessions.

Questions: f2fnamihudson@gmail.com

NAMI Essex/Passaic Counties

Every Saturday, March 8 - April 26, 2025

10:30 a.m. - 1:00 p.m. ET

In-person in the **Montclair Public Library** 50 South Fullerton Ave., Montclair, NJ

[Register here](#)

For more information, please contact the instructors, Wolf Knapp at

wolfmalcolmknapp@me.com or Lynda Hollander at lyndahollander@comcast.net

[Download flyer](#)

NAMI Burlington County

Every Tuesday, March 11 - May 6, 2025

6:30 p.m. ET

In-person in the **First Presbyterian Church**, Moorestown, NJ 08057 Bridgeboro Road, Moorestown, NJ

RSVP by 2/25/25. For more information, call Marina 856-222-9400 or email

NAMIBCNJ@gmail.com.

What People Are Saying

"As a result of participating in NAMI Family to Family, I am learning how to care for myself better and also learning how to listen, understand, and be a better communicator."

"The biggest change in participating in NAMI Family to Family is having empathy and understanding for what my son is going through and not trying to deny or 'fix' his problem."

"The information we were given by our support team and the way it was taught was beyond expectation. I have learned so much in 20 hours on different approaches

and techniques both for my loved one as well as myself!"

If you are interested in receiving additional information to enroll in a Family-To-Family Education Program or if you would like information on training to become a Family Educator or Family Facilitator, please contact our office at (732) 940-0991 or e-mail programs@naminj.org.

Find Your Local Affiliate



Find your local support.

NAMI NJ's County Affiliates work in local communities to raise awareness and provide essential and free education, advocacy, and support group programs.

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