



nami

Mercer

National Alliance on Mental Illness

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Our Mission

NAMI Mercer is a nonprofit organization of individuals and families working to improve the lives of those affected by mental illness through education, advocacy and mutual support.

NAMI Mercer Calendar

For regular support meetings, see Page 8

PUBLIC EDUCATION MEETINGS

NOTE NEW LOCATIONS

September 14 (Monday)

6:30 – 8:00 p.m.

Location to be determined

“The Lifelong Effects of Child Traumatic Stress”

Jane Meyer

Director, Monmouth County

Counseling Program

Catholic Charities

– Diocese of Trenton

October 8 (Thursday)

7:00 – 8:30 p.m.

Robert Wood Johnson Health and

Fitness Center, Hamilton,

Conference Room A

“Understanding the Many Faces of Depression”

Carol Kivler, MS, CSP

Author, national speaker

and advocate

Kivler Communications,

Courageous Recovery, Inc.

November 3 (Tuesday)

6:30 – 8:00 p.m.

Location to be determined

“10 Basic Financial Steps for Special Needs Caregivers”

Elizabeth Kuhns, MA, LUTCF,

Special Needs Planner, Financial

Services Representative

Met Life Solutions Group

Harvest of Hope, Saturday October 3

NAMI Mercer will commemorate Mental Illness Awareness Week with its seventh annual Harvest of Hope wellness conference on Saturday, Oct. 3 from 8:30 a.m. to 3:00 p.m. at the Presbyterian Church of Lawrenceville. Sponsored in part by a grant from the Lawrence Township Community Foundation, this education event is open to consumers, their families, and the general public.

Our theme this year is “Finding Your Voice.” Hakeem Rahim will deliver the keynote address — “Mental Illness Unmasked: A Conversation on Living and Thriving with Mental Illness.”

Mr. Rahim, an African-American graduate of Harvard and Columbia, began speaking openly about his 16-year journey with bipolar disorder in 2012. Since then, he has told his story to thousands, testified before Congress, and devoted his life to ending stigma.

Following the keynote address, attendees will have a choice of wellness workshops, with one session in the morning and another during the afternoon. The \$15 registration fee includes lunch. Although membership in NAMI Mercer is not required, we are offering an incentive price of \$35 to join AND attend the conference.

Workshops will provide a variety of interactive and hands-on wellness experiences. Discover ways to find your voice through self-expression and creativity and in a variety of art forms. Learn to advocate for yourself and others with providers, employers, and decision-makers.

Throughout the day, representatives from local health and wellness non-profits will be available to provide information about their programs and

services. At the conclusion of the conference, participants will come together for a joyful and inspiring drumming circle led by Steve Beste.

NAMI Mercer has mailed conference brochures to members. You can register by completing the paper form in the brochure or by going to www.namimercer.org to register online.

Registration closes on Sept. 26. For more information, call 609-799-8994.



Hakeem Rahim

Night Out with NAMI

Sunday, November 8

Dr. Richard Kogan will present

“Tchaikovsky: Music and Melancholy”

at Stuart Country Day School, Princeton

See article on Page 4.



NAMI Mercer Welcomes New Board Members

DEBORAH BATCHELOR, who holds a Ph.D. in School Psychology, is licensed for private practice in PA and NJ and has spent her career serving in various school districts in the Garden State.



Deborah Batchelor

Most recently, Deborah was direct supervisor of Special Services for the West Windsor-Plainsboro Regional School District, directing 300+ staff in the delivery of appropriate special education services to approximately 1200 students with emotional and learning disabilities. Deborah hopes to raise awareness of mental health issues and resources in the community, particularly in our schools.

DAVID A. LUDGIN is a partner at McCarter & English LLP, a large multi-state law firm based in Newark, NJ. His practice is concentrated on estate planning and administration, charitable giving, and business succession planning. David is a public speaker and published author in his field. He has twice been recognized as a New Jersey "Super Lawyer" and has been listed in *The Best Lawyers in America* for more than ten years.



David Ludgin

He lives in Pennington and is a former member of the Boards of the American Cancer Society (New Jersey Division) and Princeton Academy of the Sacred Heart.

DAN SCHUBERTH is an accomplished operations manager and community

Executive Director's Message

And Then There Was Resilience

Few people can say that, on their first day at a new job, their biggest challenge was "getting in the front door!" Surprisingly, this accurately reflects what happened at the NAMI Mercer office on July 6.

I hadn't even parked my car when several big red fire trucks rolled into the lot. I then stood outside with our staff, Board president, and several volunteers as my orientation and other plans for the day "went up in smoke." However, the office fire has had an unexpected positive consequence—it has highlighted the remarkable resiliency within our community—our capacity, as individuals and as a group, to survive and thrive in the face of adversity. I was brought right to the heart of NAMI Mercer's mission, and I didn't have to walk through the front door.

Although language scholars question whether the Chinese word for "crisis" is indeed a combination of characters representing "danger" and "opportunity," I believe in the basic premise underlying the debate—there is danger and opportunity in every crisis situation. The English word "crisis" is derived from the Greek "krisis," which means "decisive moment." It is a critical time when we get to choose where to focus our attention and energy.

Being displaced from our office definitely creates a certain level of chaos, and therein lies the danger. At the same time, the disruption presents unexpected opportunities by helping us to bond, inviting us to tap our creativity, and better preparing us to address the vulnera-

bilities in our system.

It underscores the value of our Disaster Recovery Plan and stresses the importance of updating and upgrading our technology. We are fortunate to have our talented Tech Work Group already researching options and crafting recommendations in this regard. Most of all, the fire reminds us of something we know to be true but often take for granted—it's people who really matter—our people who make the difference!

Any path to resiliency is fraught with stress. However, caring, supportive relationships bolster confidence and provide reassurance that all will be well. Together, we are smarter and stronger than any one of us can be on our own. Such has been the nature of my introduction to all of you and one for which I am exceedingly grateful!

Thank you for your resilience—for the hope it inspires, for the excitement it engenders in me to work with all of you as we seek to cultivate yet more resilience.

All things considered, we are off to a good start!



Janet Haag

Janet Haag

Executive Director

servant residing in Robbinsville with his wife, Natalie, a psychotherapist with Alexander Road Associates.

A graduate of Bowdoin College (BA) and the University of Pennsylvania (MSOD), Dan is a regional sales manager for McMaster-Carr, a national industrial supply company.

Additionally, he serves on the Robbinsville Township Economic Advisory Committee and Planning Board.

Inspired by his wife's career and impacted by family members who live with mental illness, Dan has taken an

active role in supporting NAMI's work over the last two years as a successful fundraiser and member of the NAMI Walk Committee.

He looks forward to making an even bigger impact in the years ahead.



Dan Schubert

President's Message

Mind the Gap

If you've ever traveled the London "Tube," you're probably familiar with the announcement that warns travelers to "mind the gap" between the subway platform and the train as they enter and depart the cars. Over the past few months, this advice has proved useful to NAMI Mercer. It was a reminder that transitions can trip you up if you're not "minding the gap!"

In early May, we bid fond farewells to our past Executive Director Sally Osmer. And, we were very excited to announce the arrival of our new Executive Director Janet Haag in early July. In preparation, Janet attended some of our gatherings like the Patron Reception and the Annual Meeting and also visited the NAMI Mercer office a few times in June to familiarize herself with our staff, volunteers, and programs. She was enthusiastic about her new role and eager to get started. Nevertheless, we still had a significant "gap" to mind during the months of May and June.

I'm so very proud to report that during the time between Sally's departure and Janet's arrival, we continued to serve our mission. In fact, many who stopped by the NAMI Mercer office commented that we hadn't seemed to miss a beat. If you were to

ask me why we were able to function so well, I would tell you there are several reasons.

First of all, Sally worked very hard prior to her departure to prepare us for the future. Where possible, she scheduled major events and classes to be held in the fall. She completed our re-affiliation with NAMI National. Note that we are one of only a handful of affiliates to have done so. In addition, she educated me on some of her routine functions and provided a comprehensive list of duties. In this way, staff would be able to cover critical functions during the gap, and our new ED would be able to come up to speed quickly.

We also are extremely fortunate to have very dedicated and capable staff in Danita Saunders-Davis and Christine Bakter. They stepped up their game (something I didn't think was possible) by continuing to handle daily operations and supervise volunteers while also taking on additional responsibilities. Their hard work and commitment certainly went above and beyond.

And our volunteers, too numerous to name, but truly the heart of our organization, also pitched in to plan our fall calendar and reach out to the community to insure that our presence

and our message of "you are not alone" were still getting out there.

But just at the time when we had thought we had successfully bridged the gap, we were faced with the new problem of being temporarily displaced from our office. Once again, our NAMI Mercer community has risen to the challenge, and we continue moving forward with great momentum. It has been an interesting start for our new ED, but she has learned under fire that we have a strong organization!

NAMI Mercer has traversed a major transition, and we are continuing our journey to our ultimate destination – a world in which individuals and families living with serious mental illness can reach their full potential with dignity and respect. We're so very glad that you're along for the ride.

Karen Marquis

President



Karen Marquis

NAMI Mercer's Fund For the Future

by Christine Bakter

Last year, in honor of NAMI Mercer's 30th anniversary, we launched the Fund for the Future (FFTF) in conjunction with the Princeton Area Community Foundation. The establishment of the fund was formally announced at Night Out with NAMI in November 2014, and stakeholders were invited to contribute to the fund during the inaugural period, which ended in June 2015.

NAMI Mercer reached a lofty goal, set by Development Chair John Marsland, to close out the inaugural fundraising period with a total deposit of \$100,000. The initial deposit of \$50,000 came from NAMI Mercer's operating reserve; and the balance of more than \$54,000 was

raised by 29 donor families. A plaque inscribed with the names of these families is on display in the NAMI Mercer office.

Conceived in Finance and Development Committee discussions about the lackluster returns on NAMI Mercer's investments, a managed fund would facilitate a more robust long-term investment portfolio to ensure the organization's sustainability and support future expansion. This strategy would allow NAMI Mercer to better withstand unanticipated financial challenges and downward shifts in the economy. A variety of traditional investment fund and endowment opportunities were discussed and considered.

Ultimately, NAMI Mercer opted to

partner with Princeton Area Community Foundation (PACF) to open a nonprofit fund. PACF has deep roots in the Mercer County nonprofit community and offers a personalized approach to fund management.

Our nonprofit fund is similar to an endowment in that it accumulates interest income for long-term needs such as capital improvements and additional staffing. However, our nonprofit fund differs from a traditional endowment in that it allows more flexibility to liquidate funds in the event of an unforeseen circumstance.

NAMI Mercer's goals for the fund are expressed in its tagline "Sustaining Help – Ensuring Hope."

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John and Alicia Nash, Remembered With Affection

by Elisabeth Hagen

John Forbes Nash Jr., Nobel prize-winning mathematician, and his wife, Alicia, died in a car crash on Saturday, May 23. NAMI Mercer has good reason to remember them both with affection and regret.

John and Alicia attended our first Night Out with NAMI fundraising event on January 6, 2002, a cold, rainy evening in Princeton. Co-chairs Karen Schotland and Sharon Kaplan organized two parallel showings of “A Beautiful Mind” at the Garden Theater, with tickets on sale to the general public. A formal dinner followed in Prospect Hall.

The movie premiered on

Christmas Day in 2001, and was filmed, in part, at a number of New Jersey sites, including the Princeton University campus.

John agreed to be honorary chairman of Night Out, and he and Sylvia Nasar, author of the book “A Beautiful Mind,” both spoke from the podium.

John was presented with NAMI



Below left: John Nash (left) with Chomy Garces and Bill Wilmot. Above, John and Alicia Nash.



Mercer’s first Distinguished Contribution Award: “Presented to John Forbes Nash, Jr., for helping to defeat the stigma surrounding mental illness through the sharing of your life story.”

The award was signed by Bill Wilmot, president and Chomy Garces, executive

director. Nash’s 42-year-old son, John Charles Martin Nash, who suffers from paranoid schizophrenia and holds a doctorate in mathematics from Rutgers University, also attended.

Unlike his father, the younger Nash still is struggling with his illness on a daily basis, receiving medical treatment and counseling from a psychiatrist and psychologist. He says his father was an inspiration.

“He’s a great hope for all of us; anyone with mental illness can look at Dad and say it’s possible,” the younger Nash said.

“It’s possible to recover.”

Dr. Richard Kogan Returns to Night Out with NAMI

NAMI Mercer will host its 14th annual Night Out with NAMI benefit event on Sunday, November 8 at Stuart Country Day School’s Cor Unum Center in Princeton. Dr. Richard Kogan will return for his 10th appearance on the Night Out with NAMI stage.

Dr. Kogan, a psychiatrist and concert pianist, is known for his fascinating “Music and the Mind” lecture/recitals. On Nov. 8, he will present “Tchaikovsky: Music and Melancholy,” performing the music of the famous 19th century Russian composer and

examining the influence of depression and homosexuality on Tchaikovsky’s creative output.

Additionally, this year’s Night Out with NAMI will honor Carol Kivler as the 2015 Pillar Award recipient. The Pillar Award recognizes individuals who have made an extraordinary, long-term contribution to the mission of NAMI Mercer and the people it serves.

Guests are invited to arrive at 2:00 p.m. to take part in the silent auction. The benefit concert begins at 3:00 p.m., followed by a cocktail reception,

sit-down dinner, and live auction.

Tickets for the concert only are \$50 per person; tickets for the concert, cocktails and dinner are \$150 per person. Supporters who join Patron Society 2016 before the event will receive complimentary tickets (the number of tickets is determined by the donation level). Night Out with NAMI sponsorships are also available.

For more information about Night Out with NAMI, go to www.namimercer.org or contact Christine Bakker, director of Development, at 609-799-8994 or cbakker@namimercer.org.

NAMI Mercer's annual picnic at the Lasley's, July 25



Top left, from left: Zach Gilmore with Dan and Natalie Schuberth.

Top: Carol and John Marsland with Janet Haag.

Far left: Charlotte Gould and her sister Vanessa Philips (seated).

Middle left, Stan DeRiel and Christine Bakter.

Left: Jane Kohn with her parents, Allen and Phylis Kohn.

NAMI Mercer Completes Reaffiliation Process

On July 9, at the NAMI National Convention in San Francisco, Phil Lubitz, associate director of NAMI NJ, accepted a very important certificate on behalf of NAMI Mercer. We were among only nine of 950 affiliates to have completed the NAMI reaffiliation process by achieving all the organization's "Standards of Excellence."

Although NAMI is the nation's largest grassroots mental health organization, many Americans do not know who we are or what we do. For many years, members throughout the country have wanted the NAMI name to become more familiar, enabling us to be a stronger force in our communities.

The reaffiliation initiative was conceived as a means to achieve these goals.

NAMI is a movement made up of nearly 1,000 separate but connected bodies at the national, state, and local levels. This movement would be more effective if the groups could work together with more clarity, understanding, and mutual accountability. To this end, from 2006 to 2011, the NAMI National Board of Directors began to identify "Standards of Excellence" that define the roles and relationships among member organizations. The Board also developed a formal agreement between NAMI and state and local affiliates that describes our independent but connected relationship and establishes rules for use of the NAMI name.

NAMI Mercer began working toward reaffiliation in 2013. Executive Director Sally Osmer and Board

President Karen Marquis prepared drafts of required documents for review by the Board at their October retreat. The Board drafted changes to our by-laws that were approved by the membership at the Annual Meeting in June 2014.

Then, we had to pause while NAMI NJ completed its own process for endorsing local affiliates. In early 2015, Sally submitted all our documents to NAMI NJ for review. We received the State's endorsement just prior to Sally's departure in May of this year.

We hope that the NAMI standards will help us build the NAMI brand and make NAMI the household name that leaders and members want us to be.

A Tribute to Ivy Starr Minely

It is with great sadness that we report the death of Ivy Starr Minely, member of the NAMI Mercer Board since 2010. Ivy was an attorney dedicated to helping individuals affected by mental illness and their families for more than 35 years, often providing her services pro bono. She gave generously of her time, expertise, and resources to our organization. We will miss Ivy very much.

The biography that follows was contributed by Dr. S. Frederick Starr, Ivy's brother, a professor at Johns Hopkins University and former president of Oberlin College.

Ivy Elizabeth Starr Minely was raised in Cincinnati, the second of four children, her father being a businessman and historian and her mother a painter and sculptor

Ivy attended Walnut Hills High School in Cincinnati and Smith College. She early showed impressive skills in art and also as an athlete, gaining distinction in swimming and horseback riding. During a summer job as a swimming instructor at an inner-city playground, she took an interest in the complicated lives of her young charges, advising them on day-to-day matters, their education, and careers. More than half a century later, she was still in touch with several of them.

In both high school and college, Ivy plunged into the world of the emerging counter culture, even to the point of learning the trumpet in order to play jazz. Upon graduating from Smith, she combined her artistic and writing skills to work in advertising in New York, a career which she pursued successfully for several years until she married Dartmouth graduate and businessman Dennis Minely and moved to New Jersey. Strikingly opposite personalities in many respects, theirs was a happy marriage that endured for more than half a century.

In her spare time, Ivy continued to pursue her equestrian interests, which led to life-changing accident. One day, while she was riding in Central Park,

Ivy's horse shied, and she fell head-first onto the surrounding rocks.

Unconscious for a week, she regained her memory only over the course of many months. With the resolve that was typical of her, Ivy decided to put her regained mental powers to the test by enrolling in Seton Hall Law School. When she and Dennis moved to Pittsburgh, she pursued her new-found career in that city. When Dennis' work took the couple back East, they settled in Hopewell, where they lived happily until their deaths in 2014 and 2015.

Both Ivy and Dennis Minely loved opera and not only travelled to the Met, but visited opera houses in Italy to see performances of work by their favorite composer, Rossini. But while Dennis pursued his avocational interest in opera, Ivy plunged headlong into the demanding world of criminal defense law. She loved the rough and tumble of courtroom life and took a droll delight in mounting a show of toughness and resolve. Over and over again, she demonstrated the same sympathy for people marginalized by poverty or by mental impairment that she had first shown in the playground in Cincinnati's tough "Over the Rhine" neighborhood. She took on much *pro bono* work and increasingly focused her career on problems faced in courts of law by people with mental problems. She did this with tenacity and resolve and without the slightest desire to gain either fame or fortune.

Through dogged work as an attorney, she helped give stability and dignity to the lives of many men and women affected by mental illness who had previously been buffeted about by



At Night Out With NAMI 2014 (left to right): Board members Joan Brame, Akavar Dylutra and Ivy Minely, with Sally Osmer, NAMI Mercer's former executive director.

the legal system.

Ivy and Dennis Minely had no children but lavished love and attention on their eight nieces and nephews. Dennis eventually suffered from a sustained illness, which resulted in his death. Ivy never recovered from the loss of her beloved husband and died a year later. She is survived by an older brother, George A. Starr, a professor at Berkeley, a younger brother, S. Frederick Starr, a professor at Johns Hopkins University's School of Advanced International Studies, and a younger sister, Diana Jane Starr Cooper, a vintner and poet.

Tribute from Martha-Lisa Flinsch, NAMI Mercer HelpLine Coordinator

Ivy made herself available to answer general questions from HelpLine volunteers and gave her time and professional expertise to many, many callers. Along with Jean Ross, Ivy was a referral for people who needed legal advice and could not get it anywhere else.

I don't know all the details, given our policy of confidentiality, but I'm sure all the help she gave to people with a diagnosis and their families will have a very long-lasting effect on the

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NAMI Mercer

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Larger Network of Care in Mercer County

On July 1, two non-profit behavioral health organizations, Greater Trenton Behavioral HealthCare (GTBHC) and Twin Oaks Community Services, merged to form Oaks Integrated Care (OIC).

NAMI Mercer has had a long-standing partnership with GTBHC, the organization that provided Intensive Family Support Services (IFSS) in Mercer County. IFSS, funded by the NJ Division of Mental Health and Addiction Services, offers professionally facilitated family support group meetings and free one-on-one counseling for family caregivers. Over the years, NAMI Mercer has frequently referred callers to this program and provided space for group meetings. In addition, NAMI Mercer allowed GTBHC the use of its counseling room for individual sessions.

Likewise, GTBHC has referred family members to NAMI Mercer programs such as Family-to-Family and collaborated on events such as Harvest of

Hope. GTBHC also has been one of our loyal sponsors.

According to OIC Chief Development Officer Pamela Collins, under the merged organization, the IFSS partnership will continue and hopefully will grow. Our Helpline will have additional resources to offer callers.

OIC provides services for children and adults and families living with mental illness and developmental disabilities. Services are available to anyone in need regardless of income or insurance. Ms. Collins explained that the merger means OIC will be able to offer a larger network of care with more diverse services than the separate organizations.

Programs include group homes, in-home services, case management, day treatment, foster care and adoption support, outpatient and partial care services, crisis stabilization, food pantries, and special needs supportive housing.

Read more about the new organization at www.oaksintcare.org.

Tribute

Continued from Page 6

community. She deserves a memorial. Her contribution may have been quiet, but it was huge.

Tribute from Jean Ross, NJ Civil Rights Attorney

I was very much saddened to hear of the death of Ivy Minely. From the time I first met her, while we were both working on behalf of people with mental illness, until my last communications with her on the NAMI Mercer Advocacy Committee, I was always struck by her care, concern and compassion for the people she served.

Like the best, Ivy looked beyond the immediate issues affecting her clients to trying to change both the laws and the systems that hurt them.

Therefore, I was not at all surprised that she came to work with NAMI in the later part of her career. I'm glad that I knew her. I benefited from her wisdom and experience, and I will miss her.

Tribute from former NAMI Mercer Executive Director Sally Osmer

Ivy was an active supporter and member of NAMI Mercer through her professional connection. Her legal work included years of representing people who had mental illness, often helping them to get treatment, and/or helping them to plead not guilty due to insanity. She worked to represent those in the state mental health system, most recently working on behalf of Ancora patients. Her entire career was spent in public interest law, representing people who had limited income and were disabled. Ivy helped many, many people who called the NAMI Mercer Helpline with legal questions. She responded the same day and was direct, honest and empathetic. Often people just needed to know what to expect in an upcoming hearing or what their rights were as a patient or family member. Ivy was a passionate advocate for people with mental illness who were alone and without family support. She had seen the worst of inpatient settings and was committed to improving care.

Fund for the Future

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The mission of the fund reads:

We dedicate ourselves to ensuring the sustainability and future growth of our organization in order to develop and expand programs and services to families and individuals in greater Mercer County. To aid in accomplishing these goals, we will establish a Nonprofit Fund for the Future with the Princeton Area Community Foundation. Over time, our investment will support the hiring of additional staff, the expansion of our facilities and resources, and the deepening of partnerships with other organizations to broaden and intensify our positive impact on the community.

While the inaugural fundraising drive for FFTF has closed, anyone who is interested in supporting NAMI Mercer long-term may designate a donation to the fund at any time. In addition to cash, the FFTF accepts gifts of stock as well as bequests and other forms of planned giving.

If you would like to learn more, please contact Christine Bakter, director of Development, at cbakter@namimercer.org. More information about the PACF is available at www.pacf.org.

NAMI Mercer Groups

Support Groups:

NAMI Connection Support Group: Recovery support group program for people living with mental illness. Second and fourth Tuesdays, 7:00 to 8:30 p.m. This group is open to anyone with a mental illness; no registration required. Contact NAMI Mercer for more information.

IFSS/NAMI: Support for families of adults with mental illness. Mondays, 5:15 to 6:45 p.m., at Lawrence Rd. Presbyterian Church. Tuesdays, 5:15 to 6:45 p.m. (contact Josie Reyes 609-954-9726 for location). Thursdays, 11:30 a.m. to 1:00 p.m. at Kingsbury Towers, 1 Kingsbury Sq., Trenton.

Education Classes:

WRAP®: An eight-session Wellness and Recovery Action Plan program for people living with mental illness. Fall classes start Wednesday, Sept 30, 6:00 to 8:30 p.m. Contact NAMI Mercer to join the next session.

FAMILY-TO-FAMILY: A Family-to-Family class will begin in the fall and run for 12 consecutive Thursdays from 6:30 to 9:00 p.m. This class is for family members of adults who have mental illness. Contact NAMI Mercer to join the next session.

NAMI Basics, a six-week class for parents or caregivers of children and adolescents with behavioral or emotional challenges. The fall season will be co-sponsored by the Mercer Family Support Organization. Classes will be held from 10:00 a.m. to 12:30 p.m. on dates to be determined. Call 609-799-8994 for more.

All NAMI Mercer support groups and classes are free, but registration is required for classes. Contact us by phone or email to inquire about the classes.

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