

VIRTUAL & IN-PERSON

# Free Mental Wellness Workshops:

Educating, Engaging,  
Resourceful

*Supporting individuals of all ages*

## The National Alliance on Mental Illness

**(NAMI)** is the nation's largest grassroots mental health organization, working to improve the lives of individuals and families affected by mental health conditions through support, education, and advocacy.

### September 8: NAMI In Our Own Voice

This free presentation provide a personal perspective of mental health conditions, as leaders with lived experience talk openly about what it's like to have a mental health condition.

### October 6: NAMI Family & Friends

This free 90 minutes seminar informs people who have loved ones with a mental health condition how to best support them. It's also an opportunity to meet other people in similar situations and gain community support. The seminar is led by trained presenters.

**Please note:** these two sessions will be in-person in Warren County, registration and confirmation the day of is required!



Servicing Hunterdon, Morris,  
Somerset, Sussex & Warren  
Counties

**First Monday of  
Each Month**

**5:30 PM - 6:30 PM**

350 Marshall Street  
Phillipsburg



▶ **SCAN TO REGISTER**

**Have Questions?**

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