

NAMI Sussex [General Meeting and Guest Speaker Presentation](#), Thurs., Feb. 2

On **Thursday, Feb. 2, at 7:00 p.m.**, NAMI Sussex will welcome guest speaker Doreen Rasp, APN, to discuss "**The Link between Lyme Disease and Mental Health Disorders.**" The meeting will be held at Bridgeway, 93 Stickles Pond Rd., Newton. All members and friends are encouraged to attend. General announcements will precede the presentation, and a short business meeting will be held after the presentation. For more information, call **973-214-0632**.

NAMI Sussex [Family Support and Information Meeting](#), Tues., Feb. 7

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 [Board of Trustees Meeting](#), Sat., Feb. 11

The NAMI Sussex Board of Trustees will meet **Sat., Feb. 11, 9:30 a.m. - 12:30 p.m.** at Family Partners of Morris/Sussex, 67 Spring St., Newton. Any member may request to attend by contacting President Annie Glynn by email (nami.sussex@gmail.com) or phone (**973-699-5465**) three days or more prior to the meeting.

NAMI Sussex [Family-to-Family Alumni Support Group](#), Tues., Feb. 21

NAMI Sussex holds a special family support group for those who have completed our Family-to-Family (F2F) 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, 7:00-9:00 p.m.**, at Bridgeway, 93 Stickles Pond Rd., Newton. For more information, call Toni at **973-786-5507**.

[NAMI Connection Recovery Support Group Resumes](#) Mon., Feb. 13 & 27

Note new location!

Our support group for adults who have experienced mental health challenges, **NAMI Connection**, will resume meeting the **second and fourth Monday of the month, 7:00-8:30 p.m.**, at A Way to Freedom, 29 Trinity St., Newton (entrance at rear of Mitchell Agency 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.

["PTS Connection" for Veterans, Police and First Responders Begins](#) Tues., Feb. 28

Our post-traumatic stress recovery support group, previously offered only for veterans, is returning Feb. 28 with an expanded mission to include police and other first responders dealing with post-traumatic stress as a result of their service. **The group will meet the fourth Tuesday of the month, 7:00-8:30 p.m.**, at Bridgeway, 93 Stickles Pond Rd., Newton. For more information, call John at **873-865-0605** or Bob at **973-729-6534**. Confidentiality is always respected.

Visit our website at www.nami-sussex-nj.org

The NAMI Sussex Facebook page is www.facebook.com/namisussex. Please "like" and share it with friends.