

**Find support for your  
mental health and well-being!**



**National Alliance on Mental Illness RECOVERY SUPPORT GROUP**

**FREE for anyone living with a mental health challenge  
such as Depression, Anxiety, OCD, PTSD, BPD,  
Bipolar Disorder or Schizophrenia.**

**Led by trained individuals in recovery themselves, the group  
offers respect, understanding, encouragement and hope. You  
can share as much, or as little, as you wish about your own  
challenges and successes, with people who understand.**

***Confidentiality is always respected!***

**Just show up, 2nd and 4th Monday of the month,  
6:30-8:00 p.m. (legal holidays excluded),  
A Way to Freedom Community Wellness Center  
29 Trinity St., Newton, NJ**

**Parking lot and entrance are at rear of the Mitchell Agency Building  
on the corner of Trinity and Moran Streets.**

**For further information, call NAMI Sussex at 973-214-0632.**