

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



**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, 2<sup>nd</sup> & 4<sup>th</sup> Monday of the month,  
6:00-7:30 p.m. (legal holidays excluded),  
followed by informal conversation until 8:00 p.m.  
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, or in the event of inclement weather,  
**call NAMI Sussex at 973-214-0632.**

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NAMI Sussex is an all-volunteer 501(c)(3) nonprofit organization that provides support, education, and advocacy throughout the Sussex County, New Jersey area on behalf of individuals and families affected by mental illness.

Website: [www.nami-sussex-nj.org](http://www.nami-sussex-nj.org)

Email: [nami.sussex@gmail.com](mailto:nami.sussex@gmail.com)

Phone: 973-214-0632

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