



Jewish Family Service
of MetroWest New Jersey

At every age, at every stage, we are here to help.

You Are Not Alone...

When Someone in Your Family has a Mental Illness

This group, led by a mental health professional, will provide an opportunity to feel supported by others in a safe and nurturing environment.

Topics to include:

- Managing family disruptions and resetting expectations
- Coping with feelings of guilt, resentment and shame
- Setting boundaries
- Addressing compliance with treatment
- Identifying resources

Mondays, beginning April 23

7:00 pm - 8:15 pm

8 sessions - \$10.00 per session *

***Costs subsidized by the Breaking Barriers grant and the Eric Eliezer Levenson Foundation**

JFS offices at 256 Columbia Turnpike-Suite 105, Florham Park, NJ 07932

For more information and to register, please contact:

Daphne Berkovits, LMFT at (973)765-9050, ext. 1758 or dberkovits@jfsmetrowest.org

JFS MetroWest is committed to inclusive programming. For more information on how we can help you please call 973-765-9050.

