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FIRE DEPARTMENT ANNUAL OPEN HOUSE

The Union Township Fire Department held their annual open house on Saturday, October 8, 2022. The free family event featured hot dogs, snacks, a bounce house, obstacle course, fire hose spray station, firehouse tours, a smoke/safety trailer, vehicle extrication demo and other demonstrations.



Photos from this and other events can be found online at rennamedia.com and on Spirit of Union page on [facebook.com](https://www.facebook.com) Feel free to "Like," "Tag," and "Share."



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Spirit of Union

APHASIA COMMUNICATION GROUP OFFERED

The Adler Aphasia Center is currently offering an Aphasia Communication Group for stroke and brain injury survivors with aphasia in Scotch Plains, NJ. This group provides those diagnosed with aphasia an opportunity to socialize with others who share similar experiences, provide tips to communicate more effectively, and time to practice communication skills in a natural environment. Aphasia is a language disorder caused by stroke or other brain injury. It affects spoken language, reading, and writing, but does not affect one's intellect.

This group is facilitated by a licensed speech language pathologist and is offered two Fridays of each month for two hours. A person with aphasia may join the group at any time but must pre-register. There is a nominal charge, but we never turn people away for lack of funds, we offer scholarships to those who are not able to pay \$80 for eight sessions.

To learn more about this communication group and to pre-register, please contact Gretchen Szabo, M.A., CCC-SLP at 551-287-2238 or email gszabo@adleraphasiacenter.org.

Adler Aphasia Center, a non-profit organization with three full-service facilities based in Maywood, West Orange, and Toms

River, NJ and Aphasia Communication Groups located throughout the state, is an innovative, post-rehabilitative program that addresses the long-term needs of people with aphasia and their families. Aphasia is a communication disorder that impairs the expression and understanding of spoken language, reading, and writing. It occurs most often from a stroke or other brain injury. It affects a person's ability to communicate, but not his or her intellect. This communication disorder affects 40% of all stroke and brain trauma survivors. The Center is considered a world leader in long-term, post-rehab community-based care for people with aphasia. With 2.5 million people diagnosed with aphasia in the U.S., the Center is the only one of its kind in NJ, an area with an estimated 70,000 people living with aphasia.

For more information about the Center's programs and services in Maywood, West Orange, or Toms River, NJ, or for information about the Center's Aphasia Communication Groups in Bridgewater, Haddonfield, Hammonton, Maywood, Monroe, Scotch Plains, Toms River, Virtual Spanish Speaking Group and Virtual NJ Group,

visit their website at adleraphasiacenter.org or call 201-368-8585

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MILITARY FAMILY MONTH TO THANK AND SUPPORT LOCAL FAMILIES

The Gateway Family YMCA helps families of military personnel maintain health and well-being while their loved ones serve our country

Since its inception in 1996, YMCAs have celebrated Military Family Month, providing Americans the opportunity to recognize the dedication, sacrifice, and service of military personnel and their families. Throughout the year, and especially this November, The Gateway Family YMCA supports military families with programs and initiatives that improve their well-being and provide opportunities to connect with other families waiting at home.

“Military families have unique needs when a loved one is away from home,” said Melynda A. Disla, EVP/COO, The Gateway Family YMCA. “Whether it’s providing a place where kids can make friends and have a sense of belonging or providing a place for adults to meet health goals, the Y is here and able to help.”

The Gateway Family YMCA offers YMCA family memberships through the national Military Outreach Initiative. Since 2008, the Military Outreach Initiative has provided more than 82,000 Y memberships to military members and their families nationwide. Here in Eastern Union County and Northern Middlesex County, The Gateway Family YMCA supports active duty military members and their families every day with programs to support all.

“Since moving to Elizabeth, my entire family has been a Y member due to the Army’s relationship with the YMCA. My membership is free and my family gets to use the Y as part of

the Military Outreach Program. My wife uses the gym daily and takes advantage of the spin and Zumba classes, and my daughter participates in swimming and dance classes,” stated Brian, YMCA member and active duty military.

“My YMCA membership has allowed me to stay active and healthy,” added Clara, YMCA Member and military spouse. “More importantly, it has helped me cope during the stressful times that all military families go through.”

The Gateway Family YMCA is a leading 501(c)(3) non-profit, health and community service organization committed to strengthening community by connecting all people to their potential, purpose and each other. Working locally, the Y focuses on empowering young

people, improving health and well-being, and inspiring action in and across communities. By bringing together people from different backgrounds, perspectives and generations, the Y ensures that all have access to the opportunities, relationships and resources necessary to learn, grow and thrive.

First established by the Armed Services YMCA (ASYMCA) and recognized by the U.S. government ever since, Military Family Month recognizes the dedication and service of military personnel and their families.

To learn more about the Y and programming that supports military families, visit tgfymca.org or contact the Elizabeth Branch 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057 or the Wellness Center Branch 908-349-9622.



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UNION TOWNSHIP VETERAN'S ALLIANCE TO HOST LINE DANCING FUNDRAISER

On Saturday, November 19th, join the Township of Union Veterans' Alliance Memorial Day Parade Committee as they present "E Boro Bandits Country Music." The show will be taking place at the Township of Union Senior Center, located at 652 Rahway Avenue, Union, NJ. Doors will open at 6:30 p.m., and the show will begin at 7 p.m. Guests must be 21 or older to enter.

"We invite our residents and neighbors to come out and enjoy a night of live country music and line dancing – no experience necessary," said Phyllis Monguso, Supervisor of Union Township Senior Services. "We have had such a great turnout in years past, and we hope to bring out even more people to this event. Tickets sold from this show will benefit the 2023 Memorial Day Parade."

Admission to the show is \$40 per person, which includes beer and wine. Guests are encouraged to bring their own soda and snacks. The show will benefit the 2023 Township of Union Veteran's Alliance Memorial Day Parade. Tickets can be purchased by calling Phyllis Monguso at (908) 851-5290. For more details on the event, visit uniontownship.com.




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HOLIDAY SAMPLER TRIP TO BETHLEHEM, PA.

The Kenilworth Historical Society will host a holiday-themed bus trip to historic Bethlehem, Pa., on Sat., December 10.

The trip will depart Kenilworth (St. Theresa's School parking lot on Monroe Ave., between N. 22nd and N. 23rd Streets) at 8:30 a.m. and return to Kenilworth at approximately 6:30 p.m. Cost of \$95 includes comfortable motor coach transportation; admission to Bethlehem's world-renowned Christkindlmarkt holiday market, featuring a vast array of unique handmade works by more than 150 fine artisans, ice carving/glassblowing demonstrations, various eateries, festive entertainment and more; admission to an enchanting "Trees of Historic Bethlehem" exhibition of more than 26 trees, beautifully decorated by the Bethlehem Garden Club, across five historic sites (Kemerer Museum of Decorative Arts, Moravian Museum, Single Sisters' House, Luckenbach Mill and 1810 Goundie House) with tours of

each site; and evening views of the famous Star of Bethlehem atop South Mountain.

There will be complimentary door prizes on the bus. For further information and reservations, please call 908-709-0434. As space is limited, reservations by November 18 are requested to ensure availability. Gift certificates for the trip are also available for purchase.

Proceeds will benefit the Kenilworth Historical Society's historic Oswald J. Nitschke House (c. 1880) by helping defray operating expenses, including the cost of an elevator that makes the restored "living history" museum and cultural arts center fully accessible to everyone.

The Kenilworth Historical Society (www.kenilworthhistoricalsociety.org) is an independent, volunteer-based, non-profit, tax-exempt, 501 (c) (3) organization dedicated to the research, preservation and interpretation of the c. 1880 Oswald J. Nitschke House.

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ENJOY A SCANDINAVIAN SHOPPING SPREE IN NEW PROVIDENCE

After a 3 year delay because of the pandemic, Lodge Linne #429 VOA will once again be sponsoring their annual Import Sale on Saturday, November 19, 2022. The 42nd annual Scandinavian Import and Gift Sale will be held at Salt Brook School, 40 Maple St, New Providence, NJ (off Springfield Ave.). The sale will be open to the public between 10:00 a.m. and 3:00 p.m. and is handicapped accessible. Admission is free.

The sale will feature a variety of traditional holiday and everyday Scandinavian items made from silver, amber, wood, paper, wool, straw, and other materials. These gift and handicraft items are either manufactured in one of the Nordic countries or are designed in a Scandinavian style or motif and manufactured elsewhere.

Many of the traditional Scandinavian decorating items will be offered, including a large variety of elf-like tomten, Jul Bock or straw goats in many sizes, and many Christmas ornaments. Among paper items for sale will be a wide selection of advent calendars, including those filled with chocolate candy, Carl Larsson calendars, Christmas cards, and stationary. An assortment of table linens will be available including runner fabric by the yard for both Christmas and everyday use. For the home one will find trays, baking needs, aprons, knives, Danish wrought iron candleholders, and wooden candleholders for Christmas and general use. Personal items will include lovely sweaters from Dale of Norway for men and women in both cardigan and pullover styles. The jewelry

department is selling necklaces, earrings, and pins.

We will be selling a large variety of Scandinavian baked goods, such as limpa bread, coffee braids, and pastries. Imported foods that will be sold are cheeses such as authentic Farmer's cheese, several types of herring, lingonberries, cloudberries, and various chocolates and marzipan. Scandinavian pastries will be served throughout the day. Drawings for door prizes will be held frequently during the day.

The location of the sale is easily reached by taking either route 24 to Summit or route 78 to New Providence. Springfield Avenue is also known as route 512. The school is also a 5-minute walk from the New Providence Railroad Station on the Summit/Gladstone line from New York City.

Lodge Linne #429 Vasa Order of America is a non-profit organization originally for individuals of Scandinavian descent. However, now membership has been opened up to people who are interested in Nordic heritage and culture. For further information about membership contact Vibeke (908-646-0425) or Judy (908-464-0139). The lodge meets on the third Friday of the month at Faith Lutheran Church, 524 South St., in New Providence.

Proceeds from the Import Sale benefit many organizations and charities such as First Aid Squads, Summit Speech School, Sage, Bling Foundation, a New Providence High School scholarship, and annually we sponsor a New Providence girls softball team.

Admission is free. Only checks and cash are accepted.

UNION COUNTY'S GOT TALENT AT KEAN ON NOVEMBER 19

Union County's Got Talent (UGT) is a major fundraising event that supports the Union High School Performing Arts Company and the Douglas Michael Krueger Scholarship Fund, both of which directly benefit the students of Union Township.

Union's Got Talent has been a major community success and, this year, we have gone county-wide.

Our contestants this year either live, work or attend school in Union County. We have 20 contestants from various towns in Union County.

The show, on November 19, 2022, will be hosted by Kean University and will take place at Kean's Enlow Recital Hall.

Tickets are available only online at unionsgottalent.org. Tickets will not be available at the venue. Enlow Hall is a small theater with only 300 available seats. We advise that patrons buy their tickets early.

This year, UHSPAC and the DMK Scholarship Fund will be partnering with the Township of Union's Cultural Arts Committee with sponsorship by Investors Bank, Union's Special Improvement District and BCB Bank to present UGT on Saturday, November 19, 2022.

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PANDA CARES FOUNDATION AWARDS \$30,000 GRANT

Boys & Girls Clubs of Union County

The board and staff of Boys & Girls Clubs of Union County are pleased to announce that the Panda Cares Foundation has awarded the local organization with a grant for \$30,000. The purpose of this grant is to support in-person academic success programming at the Clubs, including Project Learn, Power Hour, Summer Brain Gain, and STEM programming at the Union, Elizabeth, and Plainfield Club locations.

"We are so thankful that Panda Express 'cares' for our kids!" said Russell Triolo, Chief Executive Officer. "Their support will help us implement daily homework help and tutoring programs for youth at all our sites, which will keep them on track for academic success."

Bechtold said that Panda Care's support will also help fund hands-on, fun learning activities that take place daily at the Clubs, including

STEM activities like science experiments, engineering projects, technology-based activities like simple coding, and more.

"Everything we do at the Club is to reinforce the learning that is taking place in school and to expose youth to career opportunities to build their futures," said Triolo.

Since 2020, the Panda Cares Foundation, the charitable arm of Panda Express, has partnered with Boys & Girls Clubs of America (BGCA) to foster academic success for America's youth at Clubhouses across the country, providing more than \$13 million in funding as well as in-kind donations of books, meals and more to support the academic wellbeing of Club youth.

With the reality that not all youth have access to quality education, Panda has aligned with BGCA to give youth the equal opportunity to learn, lead and thrive for better lives. With this

initiative, Panda has also aligned with BGCA's strategic plan to increase the quality of academic success programming in Clubs.

In 2021, Panda Cares became the largest single-year corporate partner with an investment of \$8.785 million. Through Panda Cares' investment, Clubs receive funding to provide high-quality academic programming to youth in need. Through this partnership, Panda Cares and BGCA will empower thousands of youth at Boys & Girls Clubs across the country to excel in school, character and leadership.

ABOUT BOYS & GIRLS CLUBS OF UNION COUNTY

Boys & Girls Clubs of Union County seek to inspire and enable young people, who need them most, to realize their full potential and have provided opportunity for youth since 1955. They are part of a national network of some 4,000 neighborhood-based facilities, Boys & Girls Clubs of America. Clubs provide guidance-oriented character development programs on a daily basis for children 6 – 18 years old, conducted by full-time professional staff. Keyed Boys and Girls Club programs emphasize leadership development, education and career exploration, financial literacy, health and life skills, the arts, sports, fitness and recreation, and family outreach.

FISHING FLEA MARKET NOV. 19

The Rahway Fall Fishing Flea Market will be held on Saturday, November 19th, 2022, from 9 a.m. to 2 p.m., at St. Thomas Church Hall, 1400 St. Georges Ave., Rahway, NJ. A wide variety of salt and fresh water fishing tackle will be on display for anglers looking for great buys.

New, used, antique, custom fishing and boating items will be available to all. Door prizes will be given away every half hour which include rods, reels, tackle and much more. Food and refreshments are sponsored by St. Thomas Holy Name Society. Admission price is \$5 per adult, children 12 and under are free. For show or vendor information visit fishingfleamarkets.com or call 732-381-2165.



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HALLOWEEN WEEKEND OF FESTIVITIES

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The Township of Union's Recreation Department and Police Department invited the community to celebrate Halloween with them and enjoy a jam-packed weekend of frights and spooky fun. The celebration began on Saturday,

Oct. 22nd, with the Recreation Department's Halloween Spooktacular featuring their Trunk-or-Treat & All Hallows Evening. The festivities conclude on Sunday, Oct. 23rd, with the Police Department's Annual Trunk-or-Treat.





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ELKS DONATES TO UNION EMERGENCY MEDICAL UNIT AND KENILWORTH RESCUE SQUAD

Spirit of UNION • Page 11 • November 2022

The Union Elks Lodge #1583 presented a donation to the Union Emergency Medical Unit on Monday, October 24, 2022. The check, in the amount of \$2,500, will be used for the purchase of N95 masks, gloves, face shields and a Rad 57 Pulse Oximeter Unit with proceeds received from our Elks National Foundation Beacon Grant.

The Elks also presented a donation to the Kenilworth Fire Dept. Rescue Squad on Sunday, October 9, 2022, at the 32nd Annual Kustom Car

and Motorcycle Show. The Car and Motorcycle Show is held every year as a fundraiser for special needs children.

The Union Elks were able to present a check in the amount of \$1,500 for the purchase of supplies through proceeds received from our Elks National Foundation Beacon Grant.

The Union Elks Lodge #1583 is located at 281 Chestnut Street, Union, NJ. For more information, call (908) 686-1583.



(above) Pictured with members of the Rescue Squad are Vince Ditta, East Central District Deputy; Mike Gedman, Jr., New Jersey State Elks Association Vice President; Lisa Wood, ECD Special Children Committee District Chairperson; Ken Boudreau, Exalted Ruler; Audrey Smith, Special Children Committee Lodge Chairperson; Mary Ann Green, Committee Member; and Susan Scheurer, Elks National Foundation Lodge Chairperson.

Courtesy photo



(above) Members of the Medical Emergency Unit: Vince Ditta, East Central District Deputy and Steve Ditta, Past Exalted Ruler.

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November at UPL Helps You Get Ready for the Holidays by Learning About the Indigenous in New Jersey, Computers, Thrifting, Books, Yoga, and Meditation

Now that winter is coming its time to get ready for the holidays and dig in, learn new skills and relax! We've got just what you need. To register for all events, please go to: <https://uplnj.org/events/list/>. To keep fully informed of what's new at the library, sign up for our newsletter here and be the first to know.

Here's what's in store for you. Sign up today!

Books and Bagels with Jaime L. Pula (In-person at Main Library)

Thurs., 11/3, at 10:00 am

Have a nosh, talk about your favorite books, and get renewed with Jaime L Pula, local author of *Rise Above: A Playbook On How-To Keep Energy Flowing*.

Beginners Flow Yoga (Zoom)

Thurs., 11/3, 11/10, 11/17 at 6:00 pm

This class will lead you through the foundations of yoga postures, body awareness and alignment, relaxation of the mind, and connection with the breath. You will learn how to improve muscle strength, promote flexibility, and build your yoga program.

A Brief History of the Indigenous in New Jersey (Zoom)

Tues., 11/8 @ 7:00 pm

"We are indebted to the Courage and Sacrifice of our Ancestors and give full recognition to Their Contributions and Offer Words of Honor To Their Memory." The Ramapo-Munsee Lenape homeland once extended from Western Connecticut to Eastern Pennsylvania, and from the Northern bank of the Raritan River North to Albany N.Y. Today we barely control our ancestral home in the Ramapo mountains, encompassing a mere 7-mile radius. This presentation outlines the history of one of New Jersey's tribes. Presented by Steve Burton, Tribal Historian/Keeper of Cultural Lifeways, Ramapo-Munsee Lenape. Co-sponsored with the Union Township Historical Society.

Meditation (Zoom)

Thurs. 11/10, 11/17 at 11:30 am

Join Bindu Bhatt for a virtual meditation session. No experience is necessary. Bindu has practiced meditation for over 30 years and would like to share her insight with you.

Let's Talk About Secondhand Shopping (In person at Main Library)

Thurs., 11/10 at 6:00 pm

Let's go on a new fashion journey and learn the ins and outs of second-hand shopping. If you love unique finds and discount prices, this workshop is for you! Just for fun, if you like, wear one of your fashion finds. Presented by Alonya Holley (AKA) Alonya, owner of Virtual Vintage Save & Rave in Bloomfield, NJ.

Microsoft Word for Beginners (Zoom)

Wed., 11/16 at 7:00 pm

If you want to write, edit, and organize your thoughts, you should learn the basics of Word, a very simple computer program. Presented by Susan Justiano, Project Management, Tech Support, IT Education Specialist.

MLB Residential Lending LLC presents The Mortgage Process from A to Z (In-person at Main Library)

Thurs., 11/17 at 6-7:30 pm

Join us for part 2 of a 3-part series designed to cover all aspects of home buying presented by MLB Residential Lending LLC.

Off the Shelf Book Club (Zoom)

Thurs., 11/17 at 7:00 pm

New members are always welcome. This month's title is *The Nature of Fragile Things*, by Susan Meissner.

The Queer Housewives and Husbands of New Jersey (Zoom)

Tues, 11/29 at 7:00 pm

We often assume that before marriage equality, we had only "traditional" marriage. But changes to marriage progressed more strangely than we might expect, especially in New Jersey.

This program will use court cases to rethink LGBTQ+ rights, marriage, and the law. Cases include a judge refusing to grant a divorce for a woman after her husband was incarcerated, alimony for a transwoman, and custody issues for LGBTQ+ parents. Through these court cases, participants can consider how our state was sometimes a haven for LGBTQ+ people, and other times deeply oppressive. We will look at forces against LGBTQ+ and how they struck back. Presented by Alison L. Lefkowitz, assistant professor of history and director of the Law, Technology, and Culture Program at NJIT and funded with a grant from the New Jersey Council for the Humanities.

Hilton Readers Book Discussion Group (In-person at Vauxhall Branch Library)

Wednesday, 11/30/22 at 6:00 pm

Members discuss their favorite books and authors and new members are always welcome. November's title is *When No One is Watching* by Alyssa Cole.

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The latest release from Robert Hill & Joanne Lediger, who have been performing and touring together for fifteen years, is titled *Revelation*. For the project, vocalist Joanne Lediger and partner Robert Hill - on guitar, vocals, harp and keys, are joined by: Paulina Hill, Robert's daughter, on vocals; Steve Gelfand on bass; Frank Pagano on drums and percussion; and Ed Alstrom on Hammond B3 organ. Of the disc's eleven traditional Gospel Blues tracks, four are Robert Hill originals. Robert's CD has achieved acclaim in a very short time, reaching #1&2 on the Top 50 Gospel Blues Song Chart; #5 on the Top 50 Blues Album Chart, and #2 on the New York Album Chart, among other top rated charts.

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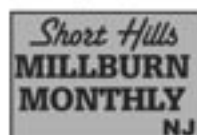
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SHINING STARS "CHRISTMAS SPECTACULAR" DECEMBER 9

Celebrate the holiday season when the Shining Stars take the stage for their 2022 "Christmas Spectacular" set for Friday, December 9 at 7:00 p.m. The show will take place on the main stage at the historic Union County Arts Center in Rahway as this talented cast sings and dances to many of your holiday favorites.

With many cast members from all over Union County and beyond, Shining Stars Network has been producing live programming for the special needs community for ten years.

This year's Christmas Spectacular marks the return of the Shining Stars to one of the most beautiful theaters in New Jersey and will feature 35 special needs cast members and their volunteer buddies from local high schools, who serve as mentors to the cast during rehearsals.

Two previous Shining Stars shows at UCPAC drew more than 1,000 audience members for each performance, and already, the buzz is building in the community.

"We're so excited to ring in the holiday season," noted Shining Stars Network co-founder and President Mike Curci. "Our stars are ready to share their smiles, energy and amazing talents with everyone. This will be a great way to cap off our 10th anniversary celebration."

"We strongly believe in creating an inclusive environment for our cast, and our buddies are an integral part of the Shining Stars experience," noted Shining Stars co-founder and director Sally Curci. "We are so excited to bring a new show to

the stage and cannot wait to connect with our incredible audience again to celebrate the holiday season."

Shining Stars Network is wrapping up a big year, which included their annual "Evening of Shining Stars" Spring Show, Summer Performing Arts Workshop, and their successful Paper Mill Playhouse debut performing in front of a sold-out audience at the Paper Mill Brook Side Cabaret.

"Shining Stars Network is not only about performing, but more importantly we're about building self-confidence and self-esteem," said Shining Stars co-director Nicole Greene. "Our cast members are not only talented, but inspire us every day, and we are all very excited about taking the stage again to share another magical night with the audience."

Tickets are on sale now at UCPAC.org. For groups of 10 or more, email shiningstarsnetwork@gmail.com.

The night will also feature a Tricky Tray and 50/50 raffle. Doors will open at 6:00 p.m.

Shining Stars Network is a 501(c)3 not-for-profit organization based in Cranford, N.J. that offers opportunities in the performing arts for the special needs community.

Plans for the 2023 season include their 2nd "Reach for the Stars" Gale, set for March 14 at the elegant Park Chateau Estate & Gardens in East Brunswick.

For more information on Shining Stars Network or to make a donation, please visit shiningstarsnetwork.org.



(above) The Shining Stars will take the stage for their 2022 "Christmas Spectacular" on Friday, December 9 at 7:00 p.m.

FAMILY SUPPORT GROUP - NOV. 15

Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental illness?

NAMI of Union County's Family Support Group is for family members and caregivers of persons with mental illness.

The group is led by NAMI-trained facilitators and is a peer support group that allows participants to gain insight from others facing the same challenges.

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