



February Kicks Off Black History Month



The month of February is dedicated to acknowledging and celebrating achievements and excellence of African Americans in the United States and Canada. The 95th Annual Black History theme by the [Association for the Study of African American Life and History \(ASALH\)](#) is The Black Family: Representation, Identity and Diversity which, after the challenges and resulting health, economic and racial disparities in 2020, brings us back to the core of community, survival and success. Visit [asalh.org/festival](#) for additional information and free enrichment activities.

NAMI New Jersey Multicultural Conversations

NAMI NJ'S NEW WEBINAR SERIES

“Multicultural Conversations”

Let's come together and talk about mental health



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NAMI New Jersey has been committed to serving New Jersey's diverse communities for over two decades. This year, we will host a new webinar series, [NAMI NJ Multicultural Conversations](#), where we will bring together experts and community members from various cultures to have meaningful dialogues on various topics. This series is proudly sponsored by Amerigroup - An Anthem Company, and is facilitated by our [four multicultural programs](#) that serve African American (AACT-NOW), Hispanic/Latinx (NAMI NJ en Español), South Asian (SAMHAJ) and Chinese American (CAMHOP) communities. Stay tuned!

NAMI NJ-AACTNOW Support for African American Community

NAMI New Jersey's [AACT-NOW](#) program offers monthly online support groups for individuals with lived experience of mental health conditions, their friends and family members. Participants gain support from peers who understand their experience and gain insight into others' challenges and successes.



[AACT-NOW](#) offers two monthly online NAMI Family Support Groups, a NAMI signature support model for adult friends and family members (18+) of individuals with mental health conditions.

3rd Tuesday of every month

Upcoming: Tuesday, February 16, 2021
6:30pm - 8:00pm EST

3rd Thursday of every month

Upcoming: Thursday, February 18, 2021
7:00pm - 9:00pm EST

To register or for more information, contact:

Donna at dwilliams@naminj.org or Melanece at mwalker@naminj.org



[AACT-NOW](#) offers a monthly online NAMI Connection Recovery Support Group, a NAMI signature support model for individuals with lived experience of mental health conditions.

2nd Wednesday of every month

Upcoming: Wednesday, February 10, 2021
6:30pm - 8:00pm EST

To register or for more information, contact:

Shanee at sfrazier@naminj.org

Check Out Other Free Programs for Our Diverse Communities

Click here to view our
Monthly Calendar!

• support groups • webinars • events



Support Our Work

[NAMI New Jersey](#) | 732-940-0991 | Toll-Free: 1-866-626-4664 | www.naminj.org



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