

NAMI of Middlesex County Presents:

Young Adult Club



- For over a decade, the Young Adult Club has carried out its mission to build lasting friendships. Young adults with emotional or behavioral challenges are welcome!
- On our outings, we enjoy local parks, restaurants, the mall, the beach, and more. NAMI pays for admission to our events, but you may want to bring spending money.
- Typically, we meet on Zoom on the 2nd Sunday of the month and in person on the 4th Sunday. Regardless, we like to start at 1 pm. *Unfortunately, we do not provide rides.*
- Contact YAC: Email Sam at hartman.sam@gmail.com or text Laurie at (732) 822-7832
- Learn more at: namiofmiddlesex.org/programs