

The Mental Health Association of Essex and Morris Intensive Family Support Services invites you to Our IFSS Family Tea Party



**“If you are cold, tea will warm you;
if you are too heated, it will cool you;
If you are depressed, it will cheer you;
If you are excited, it will calm you.”**

— William Ewart Gladstone

BYOTC (Bring your own teacup)
or enjoy one of ours, and pamper
yourselves with the connection of
others who understand the
challenges of caring for a loved
one with mental illness.

Parents, spouses, siblings, and
adult children of individuals with
mental illness are all welcome.

If you are experiencing caregiving
stress and worries,
this gathering is for you!

**What:
IFSS Family Tea Party**

When:
Tuesday
April 30, 2024

Where:
**Mental Health Association
of Essex and Morris, Inc.**
33 South Fullerton Ave.
Montclair, NJ 07042

Time:
1:00pm to 2:30pm

How to Register: RSVP requested
Call Renee Folzenlogen at
973-509-9777 ext. 111
Or email at
RFolzenlogen@mhaessexmorris.org

We invite all family members
Take time to relax, connect, and
enjoy the company
of other family members

A cup of tea is a
cup of peace. ~
Tea Master
Sen Soshitsu XV