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For Immediate Release

**THE NEW JERSEY DIVISION OF THE AMERICAN ASSOCIATION OF
MARRIAGE AND FAMILY THERAPY WILL HOLD MENTAL HEALTH
CONFERENCE IN MAY**

(LONG BRANCH NJ, March 3)—May is mental health month. The New Jersey Division of the American Association for Marriage and Family Therapy will hold its annual mental health conference next weekend in Long Branch. The conference will be held at the Ocean Place Hilton, 8 a.m. to 5 p.m.

Activities for the general public will include lectures, mini-parenting workshops, techniques for stress management and relaxation, substance abuse education, and “caring for the caretaker,” when illness strikes a family. Guided activities for children of all ages will include conflict management, a self-esteem workshop, and arts and crafts activities.

More

“This year’s conference is the largest ever held in New Jersey and it’s the first mental health conference to reach out to the general public with programs for the entire family. Holding the conference in Long Branch also allows visitors to attend the conference and have a day of fun at the beach!” said Dr. Yost, New Jersey AAMFT president-elect. Yost continued, explaining: “Mental health is one of the nations most significant issues. An estimated twenty million Americans have been diagnosed with various forms of mental illness. As a nation, we need to deal with the problem quickly.”

The American Association of Marriage and Family Therapy is a non-profit professional association founded in 1942. The AAMFT is dedicated to the advancement of marriage and family therapy as an art and science and has 25,000 members nationwide. The New Jersey chapter has over 500 members. The AAMFT–NJ sponsors workshops in primary and secondary schools throughout the state.

For more information about the conference, or to register, contact Gerri Kerr at (732) 813–8232, (800) 694–4403, or by e-mail at: <GKerr@AAMFTNJ.org>.

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