



JUNE 2017

920-979-0512 – NAMI-Fond du Lac
nami.fdl.fc@gmail.com

920-266-8447 – Friendship Corner
friendshipcorner.fdl@gmail.com

Open Mon-Fri - 10 am to 4 pm

Anger Manage – Learn to understand the feelings behind your anger

Art Healing – Arts for the body and mind

Book Club – Read, learn, discuss – huckl5213@hotmail.com for more information.

Current Events- Share wellness/current events information in a fun group setting

DBT Group – Dialectical Behavior Therapy – Learn mindfulness skills to address problems or difficulties – Preregister – 16 sessions

Illness Discovery- Education/Discussion on various mental illnesses and coping skills

Live, Laugh, Love Support Group – Peer led focus group for individuals with mental illness.

Mindfulness Group – Stress reduction exercises

NAMI Basics – Education program for parents and other caregivers of children and adolescents living with mental illness. (on hold Sept. and Oct.)

NAMI Family-to-Family (F2F) – Education program for family members who have someone in their lives living with a mental illness.

NAMI Family Support Group (FSG) - Family members who have someone in their lives living with a mental illness.

NAMI Peer-to-Peer (P2P) – Education program for individuals with mental illness interested in establishing/ maintaining wellness.


Transit Troop – Learn the fdl public transit system.


Smart Recovery – AODA group

Recovery Video/Discussion– Short recovery based videos which focus on health , home, purpose, and community.

Walking Group – Enjoy the outdoors and scenery with friends.

Yoga – Presented by Greg Hermann from the Spirituality and Wellness Center.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Family Support Group Thursday, June 15 @ 6:30 pm		Wed. June 14 @ 1pm CCS meeting Community member Involv. Encouraged		1 O/C Bob Brian 11:00 Recovery Video 11:30-2:30 Art with Trista Holz 1:30 DBT Group 6:30 NAMI P2P	2 O/C Tom Patricia 12:30 Art Healing 1:00 Dice/Games	3 CLOSED
4 CLOSED	5 O/C Dan 10:30 Smart Recovery 12:30 Stress Management 1:30 Anger Manage	6 O/C Scott Brian 10:30Yoga 11:30 Journaling 12:30 Walking Group 6:30 NAMI F2F	7 O/C Larry 10:30 Smart Recovery 11:30 Illness Discovery 1:00 Book Club 2:00 Current Events 5:30 live, laugh, Love	8 O/C Bob Brian 11:00 Recovery Video 11:30-2:30 Art with Trista Holz 1:30 DBT Group	9 O/C Tom Patricia 11:30 O/C Meeting 12:30 Art Healing 1:00 Dice/Games	10 CLOSED
11 CLOSED	12 O/C Dan 10:30 Smart Recovery 12:30 Stress Management 1:30 Anger Manage	13 O/C Scott Brian 10:30Yoga 11:30 Journaling 12:30 Walking Group 6:30 NAMI Basics	14 O/C Larry 10:30 Smart Recovery 11:30 Illness Discovery 1:00 CCS Meeting 2:00 Current Events 5:30 Live, Laugh, Love	15 O/C Bob Brian 11:00 Recovery Video. 11:30-2:30 Artw/Trista 1:30 DBT Group 6:30 NAMI FSG	16 O/C Tom Patricia 12:30 Art Healing 1:00 Dice/Games	17 CLOSED
18 CLOSED	19 O/C Dan 10:30 Smart Recovery 12:30 Stress Management 1:30 Anger Manage	20 O/C Scott Brian 10:30Yoga 11:30 Journaling 12:30 Walking Group 6:30 NAMI Basics	21 O/C Larry 10:30 Smart Recovery 11:30 Illness Discovery 2:00 Current Events 4:00 Board Meeting 5:30 Live, Laugh, Love	22 O/C Bob Brian 10:30 Foodwise Presentation 11:30-2:30 Art with Trista Holz 1:30 DBT Group	23 O/C Tom Patricia 12:30 Art Healing 1:00 Dice/Games	24 CLOSED
25 CLOSED	26 O/C Dan 10:30 Smart Recovery 12:30 Stress Management 1:30 Anger Manage	27 O/C Scott Brian 10:30Yoga 11:30 Journaling 12:30 Walking Group 6:30 NAMI Basics	28 O/C Larry 10:30 Smart Recovery 11:30 Illness Discovery 2:00 Current Events	29 O/C Bob Brian 11:00 Recovery Video 11:30-2:30 Art with Trista Holz 1:30 DBT Group	30 O/C Tom Patricia 12:30 Art Healing 1:00 Dice/Games	



For Professionals Tuesdays, June 13 – July 25 (No class July 4th)
 6:30 p.m. - 9:00 p.m.
 Cost is \$30/You must pre-register



July 29 at Gratitude Club (9-4)
 Registration 8 am
 Food, Live Music, Raffles,
 Craft/Vendors, Kids Activities
 “Sober Family Fun”