



NAMI
National Alliance on Mental Illness

Fond du Lac

21 East 2nd Street, Suite 104 • Fond du Lac, WI 54935

AUGUST 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 –

huck15213@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

 NAMI Family Support Group National Alliance on Mental Illness Thursday, August 17 @ 6:30 pm		1 O/C Scott 10:30Yoga 11:30 Journaling 12:30 Walking Group	2 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 1:00 Book Club 2:00 Current Events 5:30 live, laugh, Love	3 O/C Brian 11:00 Recovery Video 12:30-2:30 Art with Trista Holz 1:30 DBT Group	4 O/C Tom 10:30 Art Healing 1:00 Dice/Games	5 CLOSED
6 CLOSED	7 O/C Patricia 10:15 Smart Recovery 12:30 Stress Management 1:30 Anger Manage	8 O/C Scott 10:30Yoga 11:30 Journaling 12:30 Walking Group 6:30 Mindfulness	9 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 2:00 Current Events 5:30 Live, Laugh, Love	10 O/C Brian 11:00 Recovery Video 12:30-2:30 Art with Trista Holz 1:30 DBT Group	11 O/C Tom 10:30 Art Healing 1:00 Dice/Games	12 CLOSED
13 CLOSED	14 O/C Patricia 10:15 Smart Recovery 12:30 Stress Management 1:30 Anger Manage	15 O/C Scott 10:30Yoga 11:30 Journaling 12:30 Walking Group	16 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 2:00 Current Events 4:00 Board Meeting 5:30 Live, Laugh, Love	17 O/C Brian 11:00 Recovery Video 12:30-2:30 Art with Trista Holz 1:30 DBT Group 6:30 NAMI FSG	18 O/C Tom 10:30 O/C Meeting 10:30 Art Healing 1:00 Dice/Games	19 CLOSED
20 CLOSED	21 O/C Patricia 10:15 Smart Recovery 12:30 Stress Management 1:30 Anger Manage	22 O/C Scott 10:30Yoga 11:30 Journaling 12:30 Walking Group 6:30 Mindfulness	23 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 2:00 Current Events 5:30 Live, Laugh, Love	24 O/C Brian 10:30 Foodwise Presentation 12:30-2:30 Art with Trista Holz 1:30 DBT Group	25 O/C Tom 10:30 Art Healing 1:00 Dice/Games	26 CLOSED
21 CLOSED	28 O/C Patricia 10:15 Smart Recovery 12:30 Stress Management 1:30 Anger Manage	29 O/C Scott 10:30Yoga 11:30 Journaling 12:30 Walking Group	30 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 2:00 Current Events 5:30 Live, Laugh, Love	31 O/C Brian 11:00 Recovery Video 12:30-2:30 Art with Trista Holz 1:30 DBT Group	‘Mindfulness’ Presentation By Patrice Rog, CSA S 1 - Tuesday, Aug 8 @ 6:30pm at the Fond du Lac Public Library <hr/> S 2 - Tuesday, Aug 22 @ 6:30pm at the Fond du Lac Public Library <hr/> Free and open to the public. Attendance at both sessions recommended	


NAMI Family-to-Family
 National Alliance on Mental Illness
Tuesdays, Sept. 5 –
Nov. 21 @ 6:30 p.m.
Classes are Free/You must pre-register


NAMI Peer-to-Peer
 National Alliance on Mental Illness
Wednesdays, Sept. 27 -
Dec. 6 @ 2:00 p.m.
 (no class Nov. 22)
Classes are Free/You must pre-register