



Fond du Lac

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

DECEMBER 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 - 9 am to 3 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.

Smart Recovery – AODA group

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

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>FC will close at 2:30 on Thursdays to accommodate for NAMI Peer-to-Peer</p>			<p>NAMI Family Support Group National Alliance on Mental Illness</p> <p>Thursday, December 21 @ 6:30 pm</p>		<p>1 O/C Patricia James</p> <p>10:30 Art Healing 1:00 Dice/Games</p>	<p>2</p> <p>CLOSED</p>
<p>3</p> <p>CLOSED</p>	<p>4 O/C Patricia Brian</p> <p>10:15 Smart Recovery 12:30 Stress Management</p>	<p>5 O/C Scott</p> <p>10:30Yoga 11:30 Journaling</p>	<p>6 O/C Larry</p> <p>10:15 Smart Recovery 11:30 Illness Discovery 5:30 live, laugh, Love</p>	<p>7 O/C Tom Brian</p> <p>11:00 Recovery Video 12:30-2:30 Art Group 2:30 NAMI P2P</p>	<p>8 O/C Patricia James</p> <p>HOLIDAY PARTY 11AM-2PM</p>	<p>9</p> <p>CLOSED</p>
<p>10</p> <p>CLOSED</p>	<p>11 O/C Patricia Brian</p> <p>10:15 Smart Recovery 12:30 Stress Management</p>	<p>12 O/C Scott</p> <p>10:30Yoga 11:30 Journaling</p>	<p>13 O/C Larry</p> <p>10:15 Smart Recovery 11:30 Illness Discovery 1:00 CCS meeting 5:30 live, laugh, Love</p>	<p>14 O/C Tom Brian</p> <p>11:00 Recovery Video 12:30-2:30 Art Group 2:30 NAMI P2P</p>	<p>15 O/C Patricia James</p> <p>10:30 Art Healing 1:00 Dice/Games</p>	<p>16</p> <p>CLOSED</p>
<p>17</p> <p>CLOSED</p>	<p>18 O/C Patricia Brian</p> <p>10:15 Smart Recovery 11:30 O/C meeting 12:30 Stress Management</p>	<p>19 O/C Scott</p> <p>10:30Yoga 11:30 Journaling</p>	<p>20 O/C Larry</p> <p>10:15 Smart Recovery 11:30 Illness Discovery 5:30 live, laugh, Love</p>	<p>21 O/C Tom Brian</p> <p>11:00 Recovery Video 12:30-2:30 Art Group 2:30 NAMI P2P 6:30 NAMI FSG</p>	<p>22 O/C Patricia James</p> <p>10:30 Art Healing 1:00 Dice/Games</p>	<p>23</p> <p>CLOSED</p>
<p>24</p> <p>CLOSED</p>	<p>25</p> <p>MERRY CHRISTMAS CLOSED</p>	<p>26 O/C Scott</p> <p>10:30Yoga 11:30 Journaling</p>	<p>27 O/C Larry</p> <p>10:15 Smart Recovery 11:30 Illness Discovery 5:30 Live, Laugh, Love</p>	<p>28 O/C Tom Brian</p> <p>11:00 Recovery Video 12:30-2:30 Art Group</p>	<p>29 O/C Patricia James</p> <p>10:30 Art Healing 1:00 Dice/Games</p>	<p>30</p> <p>CLOSED</p>
<p>31</p> <p>CLOSED</p>	<p>1</p> <p>HAPPY NEW YEAR CLOSED</p>	<p>NAMI Fond du Lac/Friendship Corner Holiday Party Friday, December 8 @ 11am-2pm Food, Games</p>			<p>Wed. Dec. 13 @ 1pm CCS meeting Community member Involvement Encouraged</p>	