



OCTOBER 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 – 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
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1 CLOSED	2 O/C Patricia Brian 10:15 Smart Recovery 12:30 Stress Management	3 O/C Scott 10:30Yoga 11:30 Journaling 12:30 Walking Group 6:00 Trivia Night 6:30 NAMI F2F	4 O/C Larry 9-4 Matthew Doll 10:15 Smart Recovery 11:30 Illness Discovery 5:30 live, laugh, Love	5 O/C Patricia Brian 11:00 Recovery Video 12:30-2:30 Art with Trista Holz 1:30 DBT Group	6 O/C Tom 10:30 Art Healing 1:00 Dice/Games	7 CLOSED
8 CLOSED	9 O/C Patricia Brian 10:15 Smart Recovery 12:30 Stress Management	10 O/C Scott 10:30Yoga 11:30 Journaling 12:30 Walking Group 6:30 NAMI F2F	11 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 5:30 live, laugh, Love	12 O/C Patricia Brian 11:00 Recovery Video 12:30-2:30 Art with Trista Holz 1:30 DBT Group 2:30 NAMI P2P	13 O/C Tom 10:30 Art Healing 1:00 Dice/Games	14 CLOSED
15 CLOSED	16 O/C Patricia Brian 10:15 Smart Recovery 12:30 Stress Management 6:30 NAMI Basics	17 O/C Scott 10:30Yoga 11:30 Journaling 12:30 Walking Group 6:30 NAMI F2F	18 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 4:00 Board Meeting 5:30 Live, Laugh, Love	19 O/C Patricia Brian 11:00 Recovery Video 12:30-2:30 Art Trista Holz 1:30 DBT Group 2:30 NAMI P2P 6:30 NAMI FSG	20 O/C Tom 10:30 Art Healing 1:00 Dice/Games	21 CLOSED
22 CLOSED	23 O/C Patricia Brian 10:15 Smart Recovery 11:30 O/C meeting 12:30 Stress Management 6:30 NAMI Basics	24 O/C Scott 10:30Yoga 11:30 Journaling 12:30 Walking Group 6:30 NAMI F2F	25 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 5:30 Live, Laugh, Love	26 O/C Patricia Brian 11:00 Recovery Video 12:30-2:30 Art with Trista Holz 1:30 DBT Group 2:30 NAMI P2P	27 O/C Tom 10:30 Art Healing 1:00 Dice/Games	28 CLOSED
29 CLOSED	30 O/C Patricia Brian 10:15 Smart Recovery 12:30 Stress Management 6:30 NAMI Basics	31 O/C Scott 10:30Yoga 11:30 Journaling 12:30 Walking Group 6:30 NAMI F2F	<p>Notice that Friendship Corner hours have changed; M-F 9am-3pm FC will close at 2:30 on Thursdays to accommodate for NAMI Peer-to-Peer</p>			



Thursday, October 19
@ 6:30 pm



Thursdays, Oct 12 - Dec 14
@ 6:30 p.m. (No class 11/23)
Classes are Free/You must pre-register



Mondays, Oct 16 –Nov 20 @ 6:30 p.m.
Classes are Free/You must pre-register