



**JUNE 2018**

920-979-0512 – NAMI-Fond du Lac  
[nami.fdl.fc@gmail.com](mailto:nami.fdl.fc@gmail.com)


920-266-8447 – Friendship Corner  
[friendshipcorner.fdl@gmail.com](mailto:friendshipcorner.fdl@gmail.com)  
**Open Mon-Fri - 9 am to 3 pm**

- Art Group** – Arts for the body and mind
- Coping Skills** – Learn better ways to manage symptoms /discussion group.
- Current Events**- Share current events/sports knowledge in a fun group setting
- DBT Group** – Dialectical Behavior Therapy – Learn mindfulness skills to address problems or difficulties – 16 sessions
- Healthy Living** – Discover new ways to find balance between physical and mental health.
- 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.
- NAMI Basics** – Education program for parents and other primary caregivers of children and adolescents living with mental illness.
- 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
- Stress Management** - Stress reduction exercises/discussion
- Recovery Video/Discussion**– Short recovery based videos which focus on health, home, purpose, and community.
- Walking Group** – Join us on the River Walk and Bike Loop.
- Yoga** – Presented by Greg Hermann from the Fond du Lac Center for Spirituality and Healing.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Please welcome Melissa Hayes as the NEW Friendship Corner Coordinator starting June 5<sup>th</sup>.</b>		<b>Wed. June 13 @ 1pm CCS meeting</b> Community member Involv. Encouraged		1 O/C Patricia James 10:30 Group Games 1:00 Dice/Games	2 <b>CLOSED</b>	
3 <b>CLOSED</b>	4 O/C Brian Patricia 10:15 Smart Recovery 12:30 Stress Management	5 O/C Scott 10:30Yoga 11:30 Journaling 1:00 Recovery Video	6 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 1:00 Current Events 5:30 Live, Laugh, Love	7 O/C Brian James 10:00 Healthy Living 1:00-2:30 DBT	8 O/C Patricia James 10:30Group Games 1:00 Dice/Games	9 <b>CLOSED</b>
10 <b>CLOSED</b>	11 O/C Brian Patricia 10:15 Smart Recovery 12:30 Stress Management	12 O/C Scott 10:30Yoga 11:30 Journaling 1:00 Recovery Video	13 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 1:00 CCS Meeting 5:30 Live, Laugh, Love	14 O/C Brian James 10:00 Healthy Living 1:00-2:30 DBT	15 O/C Patricia James 10:30 Group Games 1:00 Dice/Games	16 <b>CLOSED</b>
17 <b>CLOSED</b>	18 O/C Brian Patricia 10:15 Smart Recovery/Cancelled 12:30 Stress Management	19 O/C Scott 10:30Yoga 11:30 Journaling 1:00 Recovery Video	20 O/C James 10:15 Smart Recovery/Cancelled 11:30 Illness Discovery 1:00 O/C Meeting 4:00 Board Meeting 5:30 Live, Laugh, Love	21 O/C Brian James 10:00 Healthy Living 1:00-2:30 DBT 6:30 NAMI FSG	22 O/C Patricia James 10:30 Group Games 1:00 Dice/Games	23 <b>CLOSED</b>
24 <b>CLOSED</b>	25 O/C Brian Patricia 10:15 Smart Recovery/Cancelled 12:30 Stress Management	26 O/C Scott 10:30Yoga 11:30 Journaling 1:00 Recovery Video	27 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 1:00 Current Events 5:30 Live, Laugh, Love	28 O/C James Brian 10:00 Healthy Living 1:00-2:30 DBT	29 O/C Patricia James 10:30 Group Games 1:00 Dice/Games	30 <b>CLOSED</b>



**July 28 at Gratitude Club (9-2)**  
**Registration 8 am**  
**Food, Live Rock Music, Raffles,**  
**Craft/Vendors, Live Auction**  
**“Sober Family Fun”**



**Thursday, June 21**  
**@ 6:30 pm**