



JANUARY 2018

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

Art Healing – Peer led, Arts for the body and mind

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 – 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.

NAMI Basics – Education program for parents and other 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.

Yoga – Presented by Greg Hermann from the Fond du Lac Center for Spirituality and Wellness.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 HAPPY NEW YEAR CLOSED	2 O/C Scott 10:30Yoga 11:30 Journaling	3 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 1:00 Current Events 5:30 Live, Laugh, Love	4 O/C Tom Brian 11:00 Recovery Video 12:30-2:30 Art Group with Trista Holz 1:00-2:30 DBT	5 O/C Patricia James 10:30 Art Healing 1:00 Dice/Games	6 CLOSED
7 CLOSED	8 O/C Patricia Brian 10:15 Smart Recovery 12:30 Stress Management	9 O/C Scott 10:30Yoga 11:30 Journaling	10 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 1:00 Current Events 5:30 Live, Laugh, Love	11 O/C Tom Brian 11:00 Recovery Video 12:30-2:30 Art Group with Trista Holz 1:00-2:30 DBT	12 O/C Patricia James 10:30 Art Healing 1:00 Dice/Games	13 CLOSED	
14 CLOSED	15 O/C Patricia Brian 10:15 Smart Recovery 12:30 Stress Management	16 O/C Scott 10:30Yoga 11:30 Journaling	17 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 1:00 Current Events 4:00 Board Meeting 5:30 Live, Laugh, Love	18 O/C Tom Brian 11:00 Recovery Video 12:30-2:30 Art Group with Trista Holz 1:00-2:30 DBT 6:30 NAMI FSG	19 O/C Patricia James 10:30 Art Healing 1:00 Dice/Games	20 CLOSED	
21 CLOSED	22 O/C Patricia Brian 10:15 Smart Recovery 11:30 O/C meeting 12:30 Stress Management	23 O/C Scott 10:30Yoga 11:30 Journaling	24 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 1:00 Current Events 5:30 Live, Laugh, Love	25 O/C Tom Brian 11:00 Recovery Video 12:30-2:30 Art Group with Trista Holz 1:00-2:30 DBT	26 O/C Patricia James 10:30 Art Healing 1:00 Dice/Games	27 CLOSED	
28 CLOSED	29 10:15 Smart Recovery 12:30 Stress Management	30 O/C Scott 10:30Yoga 11:30 Journaling	31 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 1:00 Current Events 5:30 Live, Laugh, Love				
			<p>Thursday, January 18 @ 6:30 pm</p>		<p>Tuesdays, February 13 – March 20 @ 6:30 p.m. Classes are Free/You must pre-register</p>		