



**APRIL 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**

1 <b>HAPPY EASTER CLOSED</b>	2 O/C Brian Patricia 10:15 Smart Recovery 12:30 Stress Management 1:30 Walking Group	3 O/C Scott 10:30Yoga 11:30 Journaling 1:00 Recovery Video	4 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 1:00 Current Events 1:30 Walking Group 5:30 Live, Laugh, Love	5 O/C James Brian 10:00 Healthy Living 11:00 Art Group 1:00-2:30 DBT <b>6:30 NAMI P2P</b>	6 O/C Patricia James 10:30 Coping Skills 1:00 Dice/Games	7 <b>CLOSED</b>
8 <b>CLOSED</b>	9 O/C Brian Patricia 10:15 Smart Recovery 12:30 Stress Management 1:30 Walking Group	10 O/C Scott 10:30Yoga 11:30 Journaling 1:00 Recovery Video <b>6:00 L'BRI Party</b>	11 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 1:00 Current Events 1:30 Walking Group 5:30 Live, Laugh, Love	12 O/C James Brian 10:00 Healthy Living 11:00 Art Group 1:00-2:30 DBT <b>6:30 NAMI P2P</b>	13 O/C Patricia James 10:30 Coping Skills 1:00 Dice/Games	14 <b>CLOSED</b>
15 <b>CLOSED</b>	16 O/C Brian Patricia 10:15 Smart Recovery 12:30 Stress Management 1:30 Walking Group	17 O/C Scott 10:30Yoga 11:30 Journaling 1:00 Recovery Video	18 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 1:00 Current Events 1:30 Walking Group 4:00 Board Meeting 5:30 Live, Laugh, Love	19 O/C James Brian 10:00 Healthy Living 11:00 Art Group 1:00-2:30 DBT <b>6:30 NAMI FSG 6:30 NAMI P2P</b>	20 O/C Patricia James 1:00 Dice/Games	21 <b>CLOSED</b>
22 <b>CLOSED</b>	23 O/C Brian Patricia 10:15 Smart Recovery 11:30 O/C meeting 12:30 Stress Management 1:30 Walking Group	24 O/C Scott 10:30Yoga 11:30 Journaling 1:00 Recovery Video	25 O/C Larry 10:15 Smart Recovery 11:30 Illness Discovery 1:00 Current Events 1:30 Walking Group 5:30 Live, Laugh, Love	26 O/C James Brian 10:00 Healthy Living 11:00 Art Group 1:00-2:30 DBT <b>6:30 NAMI P2P</b>	27 O/C Patricia James 1:00 Dice/Games	28 <b>CLOSED</b>
29 <b>CLOSED</b>	30 O/C Brian Patricia 10:15 Smart Recovery 12:30 Stress Management 1:30 Walking Group	<b>L'BRI Party at 6pm on April 10</b> <b>Feel the Difference!!!</b> Sample L'BRI pure n' natural skin care products!				

**NAMI Family-to-Family**  
 Wednesdays, March 14 –  
 May 30 @ 6:30 p.m.  
 Classes are Free/You must pre-register  
 (classes are at alternate location)

**NAMI Peer-to-Peer**  
 Thursdays, March 22 - May 24  
 @ 6:30 p.m.  
 Classes are Free/You must pre-register

**NAMI Family Support Group**  
 Thursday, April 19  
 @ 6:30 pm