



Fond du Lac

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

AUGUST 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 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.

Wellness Self-Management- 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
Family Support Group Thursday, August 16 @ 6:30 pm			1 O/C Larry 10:15 Smart Recovery 11:30 Wellness Self-Mgmt 1:00 Current Events 5:30 Live, Laugh, Love	2 O/C Brian Rob 10:00 Healthy Living 1:00-2:30 DBT	3 O/C Patricia Rob 10:30 Group Games 1:00 Dice/Games	4 CLOSED
5 CLOSED	6 O/C Brian Patricia 10:15 Smart Recovery 12:30 Stress Management	7 O/C Scott 10:30 Yoga 12:00 Journaling 1:00 Recovery Video 6:30 NAMI Basics	8 O/C Larry 10:15 Smart Recovery 11:30 Wellness Self-Mgmt 1:00 Current Events 5:30 Live, Laugh, Love	9 O/C Brian Rob 10:00 Healthy Living 1:00-2:30 DBT	10 O/C Patricia Rob 10:30 Group Games 1:00 Dice/Games	11 CLOSED
12 CLOSED	13 O/C Brian Patricia 10:15 Smart Recovery 12:30 Stress Management	14 O/C Scott 10:30 Yoga 12:00 Journaling 1:00 Recovery Video 6:30 NAMI Basics	15 O/C Larry 10:15 Smart Recovery 11:30 Wellness Self-Mgmt 1:00 O/C Meeting 4:00 Board Meeting 5:30 Live, Laugh, Love	16 O/C Brian Rob 10:00 Healthy Living 1:00-2:30 DBT 6:30 NAMI FSG	17 O/C Patricia Rob 10:30 Group Games 1:00 Dice/Games	18 CLOSED
19 CLOSED	20 O/C Brian Patricia 10:15 Smart Recovery 12:30 Stress Management	21 O/C Scott 10:30 Yoga 12:00 Journaling 1:00 Recovery Video 6:00 Trivia Night 6:30 NAMI Basics	22 O/C Larry 10:15 Smart Recovery 11:30 Wellness Self-Mgmt 5:30 Live, Laugh, Love	23 O/C Brian Rob 10:00 Healthy Living 1:00-2:30 DBT	24 O/C Patricia Rob 10:30 Group Games 1:00 Dice/Games	25 CLOSED
26 CLOSED	27 O/C Brian Patricia 10:15 Smart Recovery 12:30 Stress Management	28 O/C Scott 10:30 Yoga 12:00 Journaling 1:00 Recovery Video 6:30 NAMI Basics	29 O/C Larry 10:15 Smart Recovery 11:30 Wellness Self-Mgmt 5:30 Live, Laugh, Love	30 O/C Brian Rob 10:00 Healthy Living 1:00-2:30 DBT		
Trivia Night August 21st at 2.0 Alehouse Doors open: 5pm Trivia Starts: 6pm Teams of 4 (must pre-pay before Aug 21)			Horicon Bank's '5k Run/Walk for Wellness' September 15th at Lakeside Park Registration: 7am Race Starts: 8:30am All proceeds benefit NAMI Fond du Lac			