



Fond du Lac

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

DECEMBER 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

Anti-Stigma Group – Discussion of how & when to disclose mental health issues & potential consequences

DBT Group – Dialectical Behavior Therapy – Learn mindfulness skills to address problems or difficulties – 16 sessions

Gratitude Journey Group – Writing about the positive aspects of our lives

Group Games – Peer choice games

Journaling – Writing & discussion of specific prompts

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.

Wellness Self-Management – Program for people with MH issues to examine and improve their life satisfaction

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Wed. Dec. 12 @ 1pm CCS meeting Community member Involv. Encouraged		 Family Support Group National Alliance on Mental Illness Thursday, December 20 @ 6:30 pm		1 CLOSED
2 CLOSED	3 O/C Brian Patricia 10:15 Smart Recovery 12:30 Stress Management	4 O/C Scott 10:30Yoga 11:30 Journaling 1:00 Recovery Video 2:00 Gratitude Journey Group	5 O/C Larry Kevin 10:15 Smart Recovery 11:30 Wellness Self-Mgmt 1:00 Art w/ Trista 5:30 Live, Laugh, Love	6 O/C Brian Rob 10:00 Anti-Stigma 1:00-2:30 DBT	7 O/C Patricia Kimmer 10:30 Group Games 1:00 Dice/Games	8 CLOSED
9 CLOSED	10 O/C Brian Patricia 10:15 Smart Recovery 12:30 Stress Management	11 O/C Scott 10:30Yoga 11:30 Journaling 1:00 Recovery Video 2:00 Gratitude Journey Group	12 O/C Larry Kevin 10:15 Smart Recovery 11:30 Wellness Self-Mgmt 1:00 CCS meeting 5:30 Live, Laugh, Love	13 O/C Brian Rob 10:00 Anti-Stigma 1:00-2:30 DBT	14 O/C Patricia Rob HOLIDAY PARTY 11AM-2PM	15 CLOSED
16 CLOSED	17 O/C Brian Patricia 10:15 Smart Recovery 12:30 Stress Management	18 O/C Scott 10:30Yoga 11:30 Journaling 1:00 Recovery Video 2:00 Gratitude Journey Group	19 O/C Larry Rob 10:15 Smart Recovery 11:30 Wellness Self-Mgmt 1:00 Art w/Trista 5:30 Live, Laugh, Love	20 O/C Brian Rob 10:00 Anti-Stigma 1:00-2:30 DBT 6:30 NAMI FSG	21 O/C Patricia Kimmer 10:30 Group Games 1:00 Dice/Games	22 CLOSED
23 CLOSED	24 O/C Brian Patricia 10:15 Smart Recovery 12:30 Stress Management	25 O/C Rob MERRY CHRISTMAS FC Open 12-3	26 O/C Larry Bob 10:15 Smart Recovery 11:30 Wellness Self-Mgmt 1:00 O/C mtg. 5:30 Live, Laugh, Love	27 O/C Brian Rob 10:00 Anti-Stigma 1:00-2:30 DBT	28 O/C Patricia Rob 10:30 Group Games 1:00 Dice/Games	29 CLOSED
30 CLOSED	31 O/C Brian Patricia 10:30 Smart Recovery 12:30 Stress Management	1 HAPPY NEW YEAR CLOSED	NAMI Fond du Lac/Friendship Corner Holiday Party Friday, December 14 @ 11am-2pm Food, Games			