



# OCTOBER 2021

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)

**Hours**

Mon – 9 am to 12 pm  
 Tues – 9 am to 12 pm  
 Wed – 9 am to 1 pm  
 Thurs – 12 pm to 3 pm  
 Fri – 9 am to 12 pm

Art w/ Trista – Fun projects with a local artist. All materials are supplied

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

Canine Comfort - <http://www.caninecomfort.us/>  
 Smart Recovery – AODA group

NAMI Family Support Group (FSG) - Family members who have someone in their lives living with a mental illness.

SOSL – Comprehensive Service Integration (CSI) Survivors of Suicide Lost Support Group (SOSL) – we are happy to host this support group for family and friends affected by suicide



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 O/C Scott  OPEN 9-12 10:15 Smart Recovery Group Games	2  CLOSED
3  CLOSED	4 O/C Sarah  OPEN 9-12 10:15 Smart Recovery	5 O/C Scott  OPEN 9-12 10:30-DBT	6 O/C Sarah  OPEN 9-1 10:15 Smart Recovery 11:00 Art w/Trista	7 O/C Jim  OPEN 12-3 1:30-2:30 DBT	8 O/C Scott  OPEN 9-12 10:15 Smart Recovery Group Games	9  CLOSED
10  CLOSED	11 O/C Sarah  OPEN 9-12 10:15 Smart Recovery	12 O/C Scott  OPEN 9-12 10:30-DBT	13 O/C Sarah  OPEN 9-1 10:15 Smart Recovery 4:00 Board Meeting 6:00 S.O.S.L. Group	14 O/C Jim  OPEN 12-3 1:30-2:30 DBT	15 O/C Scott  OPEN 9-12 10:15 Smart Recovery Group Games	16  CLOSED
17  CLOSED	18 O/C Sarah  OPEN 9-12 10:15 Smart Recovery	19 O/C Scott  OPEN 9-12 10:30-DBT	20 O/C Sarah  OPEN 9-1 10:15 Smart Recovery 11am Canine Comfort	21 O/C Jim  OPEN 12-3 1:30-2:30 DBT 6:30 NAMI FSG	22 O/C Scott  OPEN 9-12 10:15 Smart Recovery Group Games	23  CLOSED
24/31  CLOSED	25 O/C Sarah  OPEN 9-12 10:15 Smart Recovery	26 O/C Scott  OPEN 9-12 10:30-DBT 12 pm O/C Meeting	27 O/C Sarah  OPEN 9-1 10:15 Smart Recovery 11am Bright Futures	28 O/C Jim  OPEN 12-3 1:30-2:30 DBT	29 O/C Scott  OPEN 9-12 10:15 Smart Recovery 11am Halloween Party	30  CLOSED

**HEATHERS THE MUSICAL** by Impact Theatre

October, 21-24 at Goodrich Little Theatre

<http://hometowntickets.com/impact>



Thursday, October 21

@ 6:30 pm