

## *Upcoming Events*

# WALKS WITH NAMI

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## **2nd Saturday of the Month, 2-3PM**

Get outside and walk with us!

May 8th: **St. James Farm**

June 12th: **Danada Forest Preserve**

July 10th: **Herrick Lake**

August 14th: **Blackwell Forest Preserve**

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**Register HERE!**

# SUPPORTED EMPLOYMENT CLASS

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**RISE & SHINE**  
SUPPORTED EMPLOYMENT  
@NAMI DuPage County

VIRTUAL  
**Supported Employment Class**

*Sessions will be held via Zoom*

**JOIN US TO LEARN:**  
Job Search Skills  
Networking  
Resume Writing  
Interviewing

**FOR MORE INFO, VISIT**  
[www.namidupage.org/supportedemployment](http://www.namidupage.org/supportedemployment)

Classes to be held via Zoom, every Thursday from 7pm-8:30pm.  
Next Class: May 6, 2021 – June 3, 2021

Register [HERE](#) For Supported Employment Class

# SAY WHAT? A FAMILY GUIDE TO COMMUNICATION

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The poster is a 2x2 grid. The top-left cell contains the NAMI DuPage logo (National Alliance on Mental Illness) and a payphone. The top-right cell contains another payphone. The middle section, spanning both columns, features the title 'Say What?' in a large, blue, cursive font, with 'A FAMILY GUIDE TO COMMUNICATION' in a smaller, blue, sans-serif font below it. The bottom-left cell, on a blue background, lists the speakers: 'Join us to hear from: Thelma Razo, LSW & Patty Johnstone, NAMI DuPage's Director of Resource and Support Services'. The bottom-right cell, also on a blue background, lists the date and time: 'Wednesday, May 12, 11 - 12:30 PM', and notes 'Webinar held via Zoom' and 'Registration required'.

Join us to learn strategies whether you are starting, rebuilding, or strengthening communication with your family member or loved one with mental health concerns. Hear from **Thelma Razo, LSW**, and **Patty Johnstone**, NAMI DuPage's Director of Resource and Support Services.

[Register here](#)

# CHICKEN OR EGG? DUAL RECOVERY WORKSHOP

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6-week workshop series beginning Tuesday, April 20<sup>th</sup>-May 25<sup>th</sup>, 1-2PM via Zoom.

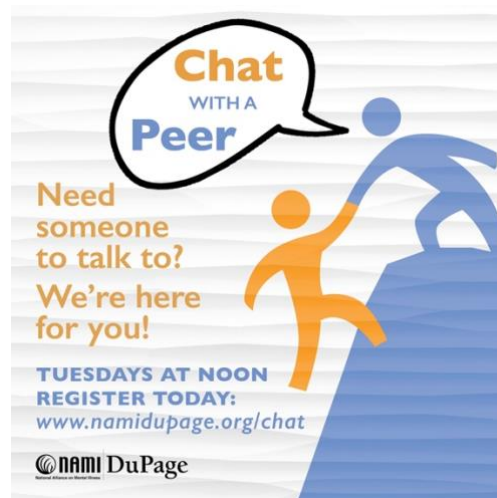


## [Link to register](#)

**Which comes first, mental illness or addiction?** Join us for a 6-week workshop to explore what recovery means for individuals with dual diagnosis of mental illness & substance use disorders. How relapse can be prevented, and more in this 6-week workshop. Hosts include **Gerri Taylor-Filer, LCSW, CADC**, NAMI DuPage's Director of Resource and Support Programs **Patty Johnstone**, and Peer Counselors **Dave Lambie** and **Heidi Spandikow**.

# CHAT WITH A PEER

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Tuesdays at Noon

[Register for Chat with a Peer](http://www.namidupage.org/chat)

#InThisTogether #AloneTogether

Our daily routines look much different than they used to! Take a break from your day and chat with a Peer Counselor. **Whether you need support, or just someone to talk and laugh with, we're here for you!** Our Peer Counselors want to be available for you and can share their own lived experiences with a mental health diagnosis.

# WRAP- (WELLNESS RECOVERY ACTION PLAN)

TUESDAYS, MAY 18<sup>TH</sup>-JULY 6<sup>TH</sup>, 6:30-9PM, VIA ZOOM

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NAMI DuPage is pleased to offer WRAP (Wellness Recovery Action Plan) to individuals with mental illnesses. Through WRAP you will develop a comprehensive, personalized and strengths-based plan to help you achieve your recovery goals, manage symptoms yourself, and improve your quality of life.

Course includes:

- A plan developed & managed by you
- Creating your own wellness toolbox
- Learning key recovery concepts
- Designing a personal crisis plan

“Like us” on



for updates on events and activities,  
or visit [namidupage.org](http://namidupage.org)