

Upcoming Events

SHARING HOPE: A COMMUNITY CONVERSATION



Tuesday, February 22nd, 7-8:30PM

**TWO OPTIONS:
IN-PERSON OR ZOOM**

[Register Here](#)

Lack of information surrounding mental health issues can prevent people in Black communities from getting the help and support they need.

NAMI Sharing Hope is conversation that can help increase mental health awareness in African American communities by addressing several important topics:

- The signs and symptoms of mental illness
- How to talk about mental health and decrease stigma
- An overview of recovery and how it's possible
- The types of mental health services and supports available, including NAMI education and support programs

There will be time for YOU to Share!

ADULT MENTAL HEALTH FIRST AID



Why Take Mental Health First Aid?

- Identify, understand, and respond to signs of Mental Health/Substance use disorders
- Learn risk factors and warning signs
- Showing a person who has a mental health condition that they are not alone
- Become confident in assisting someone in crisis
- Build a better understanding of Mental Health/Substance use disorders impact

Join our upcoming IN-PERSON class sessions on:

Adult Mental Health First Aid

Friday, February 26th from 8:30-5PM

FREE CEU's available!

[REGISTER HERE](#)

SUPPORT GROUPS



Check out all our Support Group Options and find the right one for you!

**(Support Groups are returning to In-Person March 1st
Dual-Diagnosis will be a hybrid In-Person AND Zoom Group)**

For Individuals living with a Mental Health Diagnosis:

NAMI Connections

Dual-Diagnosis (for those with MI and SUD)

For Family Members:

Family & Friends Group

Parent Support Group

Specialized:

Spouse/Partner Support Group

Suicide Loss Connections

Teen Support Group (wait-list)

[See Groups HERE](#)

FAMILY TO FAMILY CLASS



Family-to-Family is a **FREE 8-WEEK EDUCATIONAL COURSE** designed specifically for adult family members (18+) and others who have adult loved ones (18+) with a mental illness.

The course is taught by other family members who have received intensive training for its presentation.

Over 300,000 family members have graduated from this evidence based national program.

"[The course] was a revelation. It was the most beneficial time I believe I have ever spent. . . .

I began to understand what might be going on inside our son, not just what I was feeling. My anger

finally gave way to compassion. I discovered ways to deal with stigma. . . . Take the Family-to-Family Course. It will change your lives."

– Family to Family Participant

Upcoming Classes:

Thursdays, 2/27/22-4/7/22, 6:30-9PM, Trinity Lutheran Church in Lisle

Thursdays, 2/24/22-4/14/22, 6:30-9PM, Zoom

Thursdays, 3/24/22-5/12/22, 7-9:30PM, Glenside Public Library

[Register HERE](#)

GALA FUNDRAISER



*save
the
date*

**BLACK
&
WHITE**
Shine A Light Gala

**Saturday,
May 7, 2022**

at five-thirty in the evening
at the Chicago Naperville Marriott
1801 N Naper Blvd., Naperville 60563

For more information, visit us online:
www.namidupage.org/ShineALight

 **NAMI** DuPage
National Alliance on Mental Illness

Join us!!
For more information, go [HERE](#)

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for updates on events and activities,
or visit namidupage.org