

## *Upcoming Events*

# **WRAP (WELLNESS RECOVERY ACTION PLAN)**

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**Tuesday, January 18<sup>th</sup> – March 8<sup>th</sup>, 7-8:30PM on ZOOM**

NAMI DuPage is pleased to offer the 8-week 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

**Register [HERE](#)**  
**\$25 course fee for materials**

# MENTAL HEALTH FIRST AID

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## 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, January 14<sup>th</sup> from 8-4:30PM  
Saturday, January 29<sup>th</sup> from 8-4:30PM

### **Youth Mental Health First Aid**

Saturday, January 22<sup>nd</sup> from 8-2:30PM

***FREE CEU's available!***

[REGISTER HERE](#)

# SUPPORT GROUPS

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

**(Most are temporarily meeting on Zoom due to Covid)**

**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](#)

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