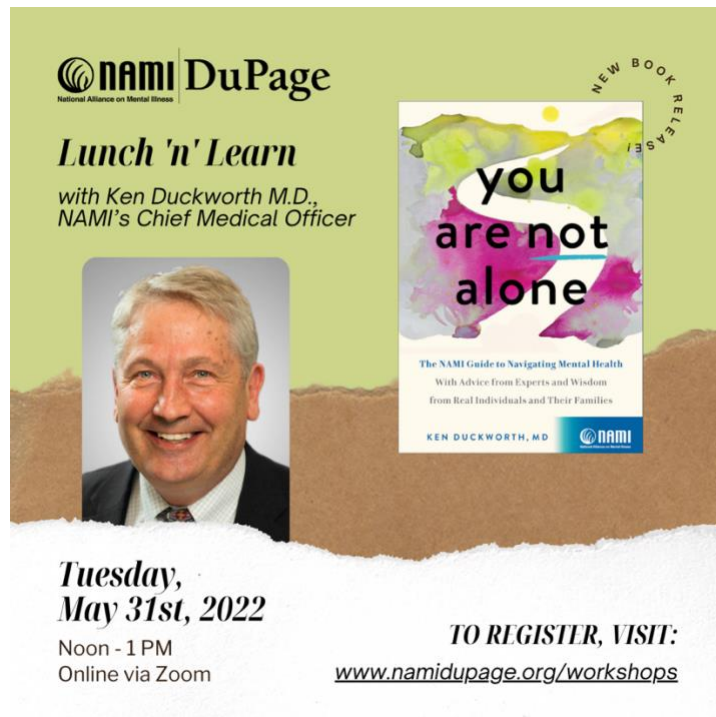


Upcoming Events

LUNCH N' LEARN

May 31st 12-1PM on Zoom



The flyer features the NAMI DuPage logo at the top left. Below it, the text reads "Lunch 'n' Learn with Ken Duckworth M.D., NAMI's Chief Medical Officer". A portrait of Dr. Duckworth is shown in a circular frame. To the right is the cover of the book "you are not alone" by Ken Duckworth, MD, with the subtitle "The NAMI Guide to Navigating Mental Health With Advice from Experts and Wisdom from Real Individuals and Their Families". The book cover also includes the text "NEW BOOK RELEASE" and the NAMI logo. At the bottom left, the event details are: "Tuesday, May 31st, 2022, Noon - 1 PM, Online via Zoom". At the bottom right, it says "TO REGISTER, VISIT: www.namidupage.org/workshops".

[Register HERE!](#)

Written by Dr. Ken Duckworth with the expertise of a leading psychiatrist and the empathy of a peer, this comprehensive guide provides

- Relatable first-person stories that illustrate the diversity of mental health journeys
- Practical guidance on dealing with mental health conditions, and navigating care
- Research-based evidence on what treatments and approaches work
- Insight and advice from renowned clinical experts and practitioners

This singular resource—the first and only book fully supported by the National Alliance on Mental Illness—is a powerful reminder that help is here, and we are not alone.

SUPPORT GROUPS



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

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 (on hold)
Suicide Loss Connections
Teen Support Group (waitlist)

[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

[Click here to see all upcoming classes!](#)

YOUTH 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:

Youth Mental Health First Aid

Friday, June 17th from 9-4:00 PM

Adult Mental Health First Aid

Saturday, June 11th from 9-4:00 PM

FREE CEU's available!

[REGISTER HERE](#)

NEW-R

May 23 – July 11, 2-3:30 PM

*In-Person at
NAMI DuPage*

115 N County Farm Road, Wheaton, IL 60187

Nutrition and Exercise for
Wellness and Recovery (NEW-R)



**For more information and to register,
go [HERE!](#)**

Nutrition and Exercise for Wellness and Recovery (NEW-R) helps people with mental illnesses gain new knowledge and skills for healthier eating and physical activity. Participants examine their eating and exercise habits to identify what they'd most like to change and set achievable goals each week to make these changes. NEW-R can help participants lose weight through nutritious meal planning, reduced portion sizes, and increased daily exercise. Peer support and intentionality are used to help participants stay on-track.

DAYS OF MINDFULNESS-ART THERAPY GROUP

*1st and 3rd Fridays, 5 & 6PM
beginning 6/3/22!*

*In-Person at
NAMI DuPage*

115 N County Farm Road, Wheaton, IL 60187




NAMI DuPage hosts:

Days of Mindfulness Art Therapy Group

Join the #DOM art therapy group and discover creative techniques for finding your voice.

**1st/3rd Fridays
5pm & 6pm**



Are you dealing with an empty space? Are you seeking comfort or coping with a deep sadness? Have you been experiencing stress or anxiety? Is there a safe space for you to express how you feel? **This feeling is familiar to many of us, and I have learned that connection helps.**

Vavi, founder of #DOM

More information at www.namidupage.org/recreation

For more information and to register,
go [HERE!](#)

5K RUN FOR THE MIND



TOGETHER,
**NAMI DUPAGE &
TRI-TOWN YMCA**
PRESENT:
A PARTNER EVENT
SPONSORED BY
THE CHICAGO CUBS



5K RUN/WALK

+ KIDS MILE & DIAPER DASH

AT THE DUPAGE COUNTY FAIRGROUNDS

SATURDAY, JUNE 25TH, 2022

**HELP US END THE SILENCE & END THE STIGMA
ASSOCIATED WITH YOUTH MENTAL HEALTH ILLNESS**

PRIZES FOR TOP 5K FINISHERS + AWARDS FOR KIDS

REGISTRATION OPEN AT

WWW.NAMIDUPAGE.ORG/RUN

Join us!!

Just come out to cheer on the runners, pick up information from the participating booths, or even join a team!
For more information, go [HERE](#)

Be sure to check out namidupage.org
for other resources, educational classes, and
recreational activities!

“Like us” on



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