

Upcoming Events

SPEAKER SERIES: PSYCHIATRIC DIAGNOSES: ASSOCIATED TREATMENT & THERAPIES



Join NAMI DuPage for our Speaker Series on Psychiatric Diagnosis – Associated Treatments and Therapies.

Dr. Christine Michaud, MD is a Psychiatry Specialist in Naperville, IL, and has over 18 years of experience in the medical field.

Dr. Tia Michaud will provide information on Mental health Diagnoses, discussing treatments and therapies used to assist in the process of recovery.

The presentation will take place at NAMI DuPage on 3/10/22 from 7:00 - 8:30 PM. We hope to see you there!

Join us in-person or by ZOOM:

[REGISTER for ZOOM HERE](#)

No registration required for in-person

SHARING HOPE: A COMMUNITY CONVERSATION

A flyer for NAMI Sharing Hope. On the left, there are three small photographs of African American people: a man and a woman talking, a man and a woman smiling together, and a man and a woman looking at a document. On the right, the text reads: 'nami Sharing Hope National Alliance on Mental Illness', 'What Is Sharing Hope? Lack of information surrounding mental health issues can prevent people in Black communities from getting the help and support they need. This conversation helps increase mental health awareness in African American communities by addressing important topics!', 'There will be time for YOU to Share!', 'Tuesday, March 29 7 - 8:30 pm', 'Information & Registration on our website: www.namidupage.org/workshops', and 'nami DuPage National Alliance on Mental Illness'.

Tuesday, March 29th, 7-8:30PM
IN-PERSON
[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!

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

[Register HERE](#)

NEW-R (NUTRITION AND EXERCISE WELLNESS AND RECOVERY)

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



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.

**Wednesday's, March 2, 2022-April 13, 2022
7pm-8:30pm**

[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](#)

“Like us” on



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