



NAMI LAKE LINE

NAMI of Lake County · P.O. Box 6356 · Libertyville, IL 60085 · (847) 249-1515 · Web: www.namilake-il.org

October 2006

Join NAMI of Lake County on Wednesday, October 4th, 2006 at 7:00 PM for an evening dedicated to Emotional Healing and Wellness.

NAMI of Lake County is excited to sponsor something different for our October 4th meeting. Please be sure to attend this meeting and wear comfortable clothing! CommunityCare Healing Arts and Wellness will be demonstrating alternative ways to promote emotional healing and wellness. As professionals learn more about the biology and physiology of our human emotions, two things have become clear:

- 1) Our emotions communicate nonverbally (i.e. the difference between saying I am sad and crying) and,
- 2) Our emotions communicate through our body (i.e. feeling our stomach tense up when anxious).

All of us have a unique internal emotional "fingerprint" which reflects the very special and personal aspect of who we are.

Please join us on October 4th for an evening devoted to honoring and creating a new understanding about our own unique internal emotional "fingerprint". Through hands-on demonstrations, you will learn about and experience ways to gain awareness, heal, and support wellness of our nonverbal body-centered emotions. Demonstrations will include art expression, yoga, massage, haiku, meditation, and holographic memory resolution. Please come with an open mind and willingness to try something new as our facilitators will not just be demonstrating their techniques but encouraging you to participate and try them out! Facilitators will include: Malinda Johnson, LCPC, ATR; Clairese Heunekens, MA ATR eligible; Micki Gilemi, RM; Sharon Snider VGP; Suzanne Norman YT; and Debbie Koenitz, LCPC, ATR, HMRwC.

Don't miss this innovative meeting and please bring a few friends with you! We're looking forward to seeing you on October 4th!

Location: State Bank of the Lakes, 50 Commerce Drive, Grayslake. The bank is off Center St., which is the first stoplight north of Route 120, one mile west of Highway 45.

Meetings are FREE and open to the public. Refreshments will be provided.

Support Group Schedule

A NAMI support group is a place to confront fears, to be validated, and to learn and practice skills related to dealing with real life issues which impact families. People learn that they are not alone. Support groups are FREE and open to anyone in need.

Support for families and friends.

Where: Lake County Health Dept. (LCHD)
3012 Grand Ave. Waukegan, IL
When: 2nd Thursday, 6:30 PM
Facilitators: Caroline Lyczko

Support for families and consumers.

Where: St. Lawrence Episcopal Church
125 W. Church St. Libertyville, IL
When: 4th Tuesdays, 7:00 PM
Facilitators: Janet Scherer

Support for parents of young, school age children.

Where: Calvary Church
1221 W. Maple Ave. Mundelein, IL
(Rte. 176 west of Midlothian)
When: Last Thursday of the month, 7:00 PM
Facilitators: Donna DeKruif & Vickie Kukulski

Future Meeting Plans

NAMI of Lake County Board members are busy at work lining up speakers for our fall/winter 2006 meetings. Please take a few minutes to put the dates for our upcoming meetings on your calendar.

- **November 1st** – We will have a panel of speakers to talk about housing issues in Lake County.
- **December 6th** – We will be celebrating the holiday season.

Thank You!

To our Board of Directors and all who have furthered our cause by contributing time, talents, and financial donations during 2006. Without your help and commitment, this affiliate would not exist. Since our last publication, the following donations have been received.

Linda Ianuzi Hess
Sharon Starr
AllState Giving Campaign

