



NAMI LAKE LINE

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

December 2006



Join NAMI of Lake County on
Wednesday, December 6th, 2006 at 7:00 PM
for our Annual Holiday Celebration!



On December 6th, NAMI of Lake County will be celebrating the holiday season. We'll be playing bingo, listening to holiday music and enjoying the holiday season with friends, food, and prizes. We'll also talk about our plans for next year and find out what you'd like to see our NAMI affiliate accomplish as well as how you can lend a hand in making our affiliate strong and active in 2007!

We are looking forward to celebrating the holiday spirit with you on December 6th. Please consider bringing a friend (or two or three) with you to our holiday celebration and help spread the word about NAMI of Lake County.

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

****All support groups will be meeting as usual during the months of December and January. ****

Have a Happy Holiday Season!

The NAMI of Lake County Board of Directors would like to thank all of the individuals who have helped support our affiliate in 2006. Have a wonderful holiday season and we'll see you in 2007!

2007 Meeting Plans

NAMI of Lake County has the following topics planned for the 2007 monthly meetings. More information on specific speakers coming soon. Please mark your calendars for these great events and consider bringing a friend (or two, or three) with you to a meeting. If you have a suggestion for a future meeting, please contact us with your ideas.

- **January 2007:** No meeting
- **February 7, 2007:** A discussion on what psychiatric supports are needed for recovery.
- **March 7, 2007:** Nutrition and exercise and their role in mental health and recovery.
- **April 4, 2007:** Crisis management and how to prepare for and handle a crisis.
- **May 2, 2007:** Medication talk on the latest trends.
- **June 6, 2007:** Brain Gym and how to keep our minds strong.
- **July 2007:** No meeting
- **August 2007:** No meeting
- **September 5, 2007:** Consumer panel about mental health and recovery issues.
- **October 3, 2007:** Emotional wellness and how to bring it into our lives.
- **November 7, 2007:** How to bring humor into our stressful lives and its therapeutic value.
- **December 5, 2007:** Holiday celebration



