



NAMI LAKE LINE

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

June 2007

June Monthly Meeting

Wednesday, June 6th at 7:00 PM

Subject: Brain Gym[®] and how to keep our minds strong.

NAMI of Lake County is happy to have Barbara Bednarz, a certified Brain Gym[®] Instructor/Consultant, speak at our June 6th meeting. She will be leading a short Brain Gym[®] class for us all to learn from and enjoy. Brain Gym[®] is a program of fun and easy physical movements which facilitate learning, improve memory, decrease stress, and increase co-ordination. Anyone from age 2 to 122 can benefit from the Brain Gym[®] movements.

Don't miss this opportunity to try something new and say hello to old friends! Remember to dress comfortably and bring a friends or family member.

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.***

September Monthly Meeting

Wednesday, September 5th at 7:00 PM

Subject: Consumer Panel Discussing Mental Health and Recovery Issues

NAMI of Lake County is having a panel discussion on issues related to mental health and recovery. We will have people of various ages that have a mental illness and family members on the panel. They will be openly talking about their struggles and successes with mental illness and will be happy to answer questions.

Don't miss this great opportunity to learn more about mental illness, recovery, what works, and what doesn't. Remember, friends or other family members are welcome and encouraged to come and learn more.

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.

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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

2007 Meeting Plans

NAMI of Lake County has the following topics planned for the 2007 monthly meetings. If you have a suggestion for a future meeting, please contact us with your ideas.

- **July & August 2007:** No meetings
- **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:** Taking care of caregivers.
- **December 5, 2007:** Holiday celebration

Have a Great Summer!

Just a reminder that NAMI of Lake County support groups will continue to meet each month during the summer. We will however NOT have general meetings in July or August.

Volunteers Needed

To volunteer please contact NAMI of Lake County at namisupport@hotmail.com or at 847-249-1515.

