

## NAMI BELIEVES IN EDUCATION



### Family-to- Family Education Class

When: Sept. 10 – Dec. 03, 2008

Location: Provena St. Joseph Medical Center  
333 North Madison  
Joliet, IL

Time: 5:30pm – 8:00pm

This free 12-week family ( off Thanksgiving Week) education program is designed to foster learning, healing and empowerment among family members and close friends of individuals with serious brain disorders (mental illnesses).

### ◆ PEER TO PEER

A 9-week education course on the topic of recovery is for any person with serious mental illness who is interested in establishing and maintaining wellness. Please call for date & time for this education class.

### ◆ HEARTS & MINDS

A multimedia program about healthy, accessible, and affordable lifestyle changes designed to reduce cardiac risk among people with mental illness. Please call for date & time for this education class.

**If you are interested in these courses please call to register:  
(815) 731-9103**

## NAMI BELIEVES IN SUPPORT



### Family Support Group

When: Every 3<sup>rd</sup> Sunday of the Month

Location: Provena St. Joseph Medical Center  
333 North Madison – LDRP Room  
Joliet, IL

Time: 6:00 pm – 7:30 pm

By offering SUPPORT through groups and meetings NAMI provides encouragement, understanding, and mutual support. NAMI wants you to know that you are not alone—an estimated one in five families is on this journey with you.

NAMI also will offer a Support Group, Connection Recovery Support for persons with Mental Illness in the future. Please call to inquire about the Connection Group date.

## NAMI BELIEVES IN ADVOCACY

NAMI Illinois Advocacy Principles:

Mental Illnesses are brain disorders. Due to treatment advances, over 70% of people with a serious mental illness could reduce symptoms and live a quality life if they had access to treatment. Illinois must develop, monitor and ensure community-based systems that deliver recovery-oriented mental health services.

- ◆Yearly Mental Health Rally
- ◆Legislative Alerts

## NAMI BELIEVES IN YOU



**By joining NAMI, you will belong to a network of people like yourself, individuals and families who understand the issues you face, and who are successfully meeting those challenges. In addition by joining NAMI, you will receive:**

Connection with a NAMI affiliate in your community, including information on the latest services/resources available where you live.

- Information on the latest research, treatment, and recovery supports.
- Access to critical information on the latest public policies affecting you and your family.
- A subscription to your local, state and national newsletters offering the most current information.
- Discounts on national, state and regional conferences as issues related to improving the lives of people affected by mental illness. **Choose One: Price**

Individual/Family Membership One household	\$35.00
Consumer Membership	\$10.00
Professional Membership	\$50.00
Organization Membership	\$200.00
Subtotal	_____
Enclosed is my tax deductible Donation for the work of NAMI	_____
Total	_____

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_  
Phone \_\_\_\_\_


  
 National Alliance on Mental Illness
   
**NAMI WILL COUNTY**
  
 P.O. Box 3968
   
 Joliet, IL 60434-3968
   
 (815) 731-9103
   
[nami\\_wc@yahoo.com](mailto:nami_wc@yahoo.com)

“AMI” is the French word for “friend,” upon whose meaning created the National Alliance on Mental Illness. We are your friends. We are your advocates. We are your teachers. We become your family and support system.



Founded in 1979, The National Alliance on Mental Illness (NAMI) is the nation’s largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has over 1,100 affiliates in communities across the country who engage in advocacy, research, support and education.

Recovery has a special meaning for NAMI Illinois and its affiliates. Our favorite son, Abraham Lincoln, faced the challenge of major depression throughout



NAMI’s symbol is that of grassroots. “Grassroots” is defined in one dictionary as “the ordinary people in a society organization, especially a political party.” Our organization sprang up from ordinary people having the desire to make life better for those living with mental illness.



**NAMI Will County is proud to be a  
United Way Partner**



It’s about people...  
 people who care  
 people who understand  
 people who teach  
 people who learn  
 people who want a better life  
 people who want to fight  
 mental illness and win

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 Will County Affiliate  
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