

**NAMI Metro Suburban
August Newsletter
(National Alliance for Mental Illness)
Serving Chicago's Near West Suburbs
www.namimetsub.org**

Welcome to NAMI Metro Suburban's Monthly E-News, a place to see upcoming events, read the words of other NAMI members and learn about the latest research and legislation in the field of mental health.

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**NAMInation
Taking Their Talent on
the Road**

Congratulations to NAMInation for playing to a full house of police officers at the 2017 Illinois Crisis Intervention Team (CIT) Conference in Bloomington.

Make your internet shopping go a little further this year with Amazon Smile.

Do you purchase items on Amazon? This year, have a percentage of all your internet shopping go towards a good cause - NAMI Metro Suburban.

Amazon Smile is Amazon's way of thanking

FREE Beginner's Yoga

1st and 3rd Tuesday nights at 7pm

September 4th and 18th

October 2nd and 16th

November 6th and 20th

December 4th and 18th

January 8th and 22nd

[Register for Beginner's Yoga](#)

FREE Mental Health First Aid

(Free CEUs Available)

Saturday, August 22, 8am-5pm (YOUTH)

Saturday, September 16, 8am-5pm (ADULT)

Tuesday, October 10, 8am-5pm (ADULT)

Saturday, November 4, 8am-5pm (YOUTH)

Saturday, December 2, 8am-5pm (ADULT)

[Register for Mental Health First Aid Classes](#)

FREE Wellness Seminars

(Free CEUs Available)

Thursday, September 7 at 7pm

Perinatal Mood and Anxiety Disorder

By Katie Bogacki, LCSW

Thursday, September 21 at 7pm

Child Development and the Effects of Trauma

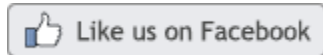
By Jewel Davies, LCPS

Thursday, October 12 at 7pm

Self-Calming in the Parenting Moments

By Sheryl Stoller, PIC Certified Parent Coach

non-profits for the work we do. Just click on the link below, sign in and set your charity preference to NAMI Metro Suburban. Buy items on Amazon like you have always done and NAMIMetro Suburban gets rewarded.
<https://smile.amazon.com>



Thursday, October 19 at 7pm
The Teen Brain: It's development and relationship to mental illness
By Barbara Barrett, RN, BSN

Thursday, November 9 at 7pm
Anxiety and Resistance in Youth
By Michael Maniacci, PsyD

Thursday, November 16 at 7pm
Managing Procrastination and Developing Executive Function Skills in Youth
By Kourosh Dini, MD

Monday, December 4 at 7pm
What We Put Into Our Mind/Body Impacts Our Feelings of Wellness
By Lauri Maniacci, PsyD

[Register for Wellness Seminars](#)

Tickets are On Sale

[Tickets can be purchased by clicking here.](#)

FREE Fall Courses Begin Soon

Family-to-Family
Beginning Tuesday,
September 12, 7pm - 9pm
United Lutheran Church 409
Greenfield Street in Oak
Park



NAMI Family-to-Family is a free, 12-session education program for families, parents, friends and significant others of adults living with mental illness.
[Register Here](#)

Peer-to-Peer
Beginning Wednesday,
September 6, 7pm - 9pm
NAMI Drop In Center
818 Harrison Street in
Oak Park



NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. It provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope.

[Register Here](#)

Homefront

Beginning Thursday, October 12, 6pm - 8pm
Hines VA Hospital
2100 S. 5th Ave. in Hines
Bldg. 13, 2nd floor



NAMI Homefront is a free, six-session education program for family, friends and significant others of Military Service Members and Veterans with mental health conditions. It focuses on the unique needs of military and veteran communities, such as post-deployment and post-discharge transitions.

Register by calling Angela at [\(708\) 524-2582](tel:7085242582). x. 101

NAMI | info@namimetsub.org | <http://www.namimetsub.org>
814 Harrison Street
Oak Park, IL 60304