

## January E-News

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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## January Schedule

### Beginners Yoga

January 9 at 7:00pm  
Community Wellness  
Center in LaGrange

### NAMI Basics Begins

January 15 at 7:00pm  
First Presbyterian Church  
in River Forest

### WRAP Classes Begin

January 15 at 7:00pm  
NAMI Drop In Center  
in Oak Park

### Youth Mental Health First Aid

January 16 at 8:00am  
Community Wellness  
Center in LaGrange

### Involuntary Commitment Under the Illinois Healthcare Code

January 21 at 1:30pm  
Oak Park Library

Make sure you are registered  
for our FREE **NAMI  
Basics** and **WRAP** (Wellness  
Recovery Action  
Plan) Classes. Both begin  
on Jan. 15.

### NAMI Basics

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### WRAP (Wellness Recovery Action Plan)

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### "The Music is MAGICAL"

## TRU

A Musical for Mental Health Advocacy  
The Chicago Musical Theatre Festival  
Greenhouse Theater Center, [2257 N. Lincoln Ave.,  
Chicago](#)

With "TRU", the mission is to raise mental health awareness and to reduce the stigma associated with mental illness. Through intricate characters and intimate music, "TRU" paints a picture of how haunting and beautiful life can be living with mental illness. "TRU" explores the joys and challenges of the many relationships that are formed throughout one's life, testing the various forms of love - between a man and his father, between a granddaughter and her grandmother, between a woman and her art,

**Beginners Yoga**

January 23 at 7:00pm  
Community Wellness  
Center in LaGrange

**The Practice of  
Mindfulness Class  
Begins**

January 24 at 7:00 pm  
Community Wellness  
Center in LaGrange

**Loving Someone With  
a Mental Illness**

January 25 at 7:00pm  
Community Wellness  
Center in LaGrange

**Navigating HIPAA and  
Other Privacy Laws**

January 28 at 1:30  
Oak Park Library

**To register for any of  
these programs visit  
our website**

**[www.namimetsub.org](http://www.namimetsub.org)  
or call [\(708\) 524-2582](tel:7085242582).**

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between a student and her teacher, between a man  
and himself. Walking hand in hand with reality,  
"TRU" toes the line between what is unbelievable and  
what is true.

[Tickets are on sale now](#)

Feb. 10th at 8pm  
Feb. 15th at 8pm  
Feb. 18th at 3pm  
Feb. 20th at 8pm  
Feb. 21st at 8pm  
Feb. 24th at 12pm

Book, Music and Lyrics by David Gosz and Leo Fotos

