

Balance for Success Support Group

Balance Recovery with Work or College Life

Effective January 2016

Depression Anxiety PTSD Bipolar Disorder Schizophrenia OCD Borderline

WHAT: This support group is designed to balance recovery from a mental illness with life at college or work. Focus is on the challenges that come with balancing the everyday pressures of work or college life and living with a diagnosed mental illness.

This free group is led by trained individuals who understand your daily challenges and can offer you encouragement and support. All groups are confidential - you can share as much or as little personal information as you feel comfortable with.

WHO: Group caters to ages ranging from early college years up to any age individual in any profession or career, including those seeking to get back into their career or school. Gain from the advice of others on how to deal with the balance of mental health and your professional future.

WHEN: Twice a month on the first and third Tuesday of each month from 7:00 to 8:30 p.m.

WHERE: Winnetka Congregational Church, 725 Pine Street, Winnetka, IL 60093
There is plenty of free parking in the church lot on Prospect Ave. Please use the Prospect Ave. entrance and then go directly up the stairs to the meeting room.

CONTACT: Please contact the NAMI CCNS office with any questions at 847-716-2252, or email Brian Rootberg at rootberg.namiccns@gmail.com.



Balance for Support is a specialized NAMI Connection Support Group

Times and locations are subject to change. Please check our website or call us at 847-716-2252.

NAMI CCNS, the National Alliance on Mental Illness, Cook County North Suburban, is a local affiliate of NAMI, the Nation's Voice on Mental Illness. Visit us at www.namiccns.org