

CONTACT INFO 8324 Skokie Blvd, Skokie, IL 60077, 847-716-2252, fax 847-716-2253, admin@namiccns.org

Office hours: Monday, Tuesday, Thursday, Friday, 10 – 4, closed Wednesdays

RESOURCES:

- **Websites** - Cook County North Suburban -www.namiccns.org, National-www.nami.org, Illinois-www.namiillinois.org
- **Local Resource Helpline** available — 847-716-2252. Provides a sympathetic and informed listening ear for individuals and their families who are living with mental illness and in need of resources, referrals, advice, or other information.

PROGRAMS: *All our programs are offered to members and non-members of NAMI CCNS and are provided at no cost to participants. Funds are provided by memberships and donations.*

FAMILIES:

- **Family Support Groups** - for family, partners, and friends of adult individuals with mental illnesses. Share problems you are facing and learn how others have dealt with similar problems. Talk with no fear of stigma or shame with other people and share learned wisdom. Free, confidential, no registration required. Just walk in. You will be welcomed. Offered at four locations. We have evening groups in Skokie, Highland Park, Park Ridge, and a Saturday morning group in Evanston. For times and addresses check our website or call us at 847-716-2252.
- **Parent Support Groups** - for parents and caregivers of children and adolescents with mental health issues such as school phobias, sleep disturbances, difficulties making and keeping friends and holding it together at school, falling apart at home, drugs, rages, depression, anxiety. Free, confidential, no registration required. Just walk in. You will be welcomed. Offered once a month in Highland Park. For time and address check our website or call us at 847-716-2252.

FAMILY EDUCATION COURSES OFFERED:

- **Family to Family** - a free 12 week course for family caregivers of adult individuals with severe mental illnesses. This course is taught by trained family members. Current information on brain disorders, medications and side effects, problem solving, crisis preparation, communicating, and finding appropriate supports and services. Usually offered in February in Evanston, March in Northfield, June in Skokie, and September in both Park Ridge and Northfield. Registration and commitment to attend the 12 weeks is required. Call for info and to register for upcoming classes.
- **NAMI Basics for Parents** - a free 6 week educational course for parents/caregivers of school age children - grade thru high school. This course gives information on the biology of mental illness, getting a diagnosis, treatment options, problem solving, crisis prep, dealing with schools and juvenile justice systems. Usually offered spring and fall in various locations. Registration and commitment to attend the 6 weeks is required. Call for info and to register for upcoming classes.

INDIVIDUALS WITH MENTAL ILLNESSES:

- **Connection Recovery Support Groups** - for adults recovering from mental illnesses. Talk with others to share coping strategies and insights, problems and concerns in an encouraging and supportive environment. Confidential and free. No meetings on holidays or holiday weekends. Offered in Evanston and Park Ridge. For times and addresses check our website or call us at 847-716-2252.
- **Balance for Success Support Group** – for adults seeking to balance recovery with life at college or work, or returning to college or work. Offered evenings in Winnetka. For time and address check our website or call us at 847-716-2252.
- **Dual Solutions** – a peer-led support group for 16 – 32 year olds experiencing co-occurring mental health and addiction issues.
- **Sundays at One** – a social group for adults in recovery.

GENERAL EDUCATION AND ADVOCACY:

- **Speakers Bureau** - book the public educational presentation, In Our Own Voice, for civic groups, schools, libraries, etc.
- **Ending the Silence** - an educational program for high school students about mental illnesses, how to identify signs and symptoms, possibilities for recovery, and how to help themselves and support one another.
- **Bimonthly Public Education Meetings** - various topics related to mental illness offered to the public
- **FaithNet** – an outreach to all religious organizations to provide a supportive environment for those with mental illness and their families.