



National Alliance on Mental Illness-Cook County North Suburban's (NAMI CCNS) mission is to improve the lives of individuals with serious mental illness and those who love and care for them through education, support and advocacy.

NAMI CCNS provides the following to participants at no cost:

- **NAMI Family-to-Family** — A 12-week course for family and friends of adults living with a mental health condition. (Also offered: Family-to-Family in Spanish)
- **NAMI Basics** — A 6-week course for parents and caregivers of children and adolescents with mental health issues. (Also offered: NAMI Basics in Spanish)
- **NAMI Connection Recovery Support Group** — Weekly support groups for adults with mental illness, led by trained individuals who are also in recovery.
- **Family Support Groups** — Weekly support groups gathering family members to share stories and concerns, as they seek to gain knowledge, resources and support. (Also offered in Spanish)
- **Parent Support Groups** — Weekly support groups providing a place to share parenting experiences with mental health challenges to gain knowledge, resources and support. (Also offered in Spanish)
- **NAMI Balance for Success Support Group** — Bi-monthly support group designed to balance recovery from a mental illness with life at college or work
- **Sundays at One** — Social group for young adults.
- **In Our Own Voice** — Community presentations about living with mental illness and achieving recovery, presented by persons with a mental illness.
- **Public Education Meeting** — Bi-monthly

*For information about NAMI CCNS and its programs, call (847) 716-2252  
or visit [www.namiccns.org](http://www.namiccns.org)*

The National Alliance on Mental Illness  
Cook County North Suburban

*Cordially invites you to*

# **Making Stigma Disappear**



Honored Guest Speaker:

**William Cope Moyers**

Vice President of Public Affairs and Community Relations,  
Hazelden Betty Ford Foundation

Honorees:

**Drs. Steve and Karen Arkin**  
**Kenilworth United Fund**  
**Remke Industries**



Saturday, April 16, 2016  
Park Ridge Country Club  
636 N. Prospect Avenue, Park Ridge, IL

6:00 pm Cocktails and Silent Auction

7:00 pm Dinner, Program, Silent/Live Auction/Fund to Cause

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Cook County  
North Suburban

Spring Benefit — April 16, 2016  
Park Ridge Country Club, Park Ridge, Illinois

# *Making Stigma Disappear*

