

**Affiliated with NAMI  
and NAMI Illinois**

The National Alliance on Mental Illness is a grassroots organization dedicated to improving the lives of persons and their families affected by mental illness through education, advocacy, support, and research

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## THE PROBLEM

Mental illness does great harm not only to those individuals affected by it but also to their family members and our community in general.

## WHO WE ARE

We at NAMI (the National Alliance on Mental Illness) Cook County North Suburban work to improve the lives of individuals with a mental illness and those who care for and love them by offering, at no charge, educational programs, support, and advocacy. We receive no Federal or State funding. We rely on donations to do our work.

**National Recognition of our Work.** Two of our courses, Family-to-Family and NAMI Basics, have been recognized by the U.S. Department of Health and Human Services as proven effective in providing information about mental illnesses and their treatment, helping participants handle crises, and directing participants to appropriate support. As one Family-to-Family graduate said:

“NAMI CCNS saved my life. Their Family-To-Family course helped me understand what my loved one was going through and what I could do to help. Just as important, I realized that I wasn’t alone. People in my class have become like family to me.”

## HOW YOU CAN HELP

You can help us continue and expand our work by attending, sponsoring, and/or donating an auction item to our gala, **“The Race to Grace,” on Saturday April 22, 2017 at the Glenview Club.**

If you sponsor and/or donate an item to our Gala, your help in bettering the lives of individuals in our community – and our community itself - will be recognized on our Web and social media sites, in press releases, and at our Gala in programs and signs.

Thank you for your generous support.

Laura Cooper and Sandra Shovers  
2017 Gala Co-Chairs, NAMI Cook County North Suburban