



Support Groups:

All our support groups are offered to members and non-members of NAMI CCNS and are provided at no cost to participants. Funds are provided mainly through donations. The groups are led by NAMI-trained facilitators who've been there. Groups follow a structured model to ensure you and others have an opportunity to be heard and get what you need. By sharing experiences in a safe and confidential setting, you gain hope and develop relationships. Groups encourage empathy, productive discussion, and a sense of community.

Balance for Success Support Group:

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. All groups are confidential.

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.

WHEN: Every Tuesday at 7:00 pm
90 minute sessions

WHERE: Zoom - for more information go to: <https://namiccns.org/support-groups/balance-for-success-recovery-support-groups/>

Connection Recovery Support Group:

WHAT: NAMI Connections is a free, peer-led support group program for adults working on mental health recovery. You will gain insight from hearing the challenges and successes of others.

WHO: All adults with mental illness, regardless of diagnosis. Everyone is a valued participant.

WHEN: Every Monday & Saturday - 4:00 pm
90 minute sessions

WHERE: Zoom - for more information go to: <https://namiccns.org/support-groups/connection-recovery-support-groups/>

Family Support Group/ Family and Parent Support Group:

WHAT: It gives you the opportunity to share problems you are facing and learn how others have dealt with these problems. Hear ideas that can help you take care of yourself and your family. You can share your concerns and ask questions about health care, housing, medications, government programs, therapists, and anything else troubling you.

WHO: Our Family Support Group is for family, partners, and friends of adults living with a mental illness.

WHEN: Every Monday 7:00 pm, 1st & 3rd Tuesday - 6:00 pm, 2nd & 4th Tuesday - 7:00 pm, and
Saturday 9:00 am
90 minute sessions

WHERE: Zoom - for more information go to: <https://namiccns.org/support-groups/family-of-adults-support-groups/>

Grief and Loss Support Group:

WHAT: Through the Grief and Support group, participants find healthy ways of remembering and honoring someone they care about. You will find a community of others who understand your pain, and like you, are learning to let go, needing to let go of blame and becoming whole again.

WHO: For those who have lost a loved one from mental illness.

WHEN: Every Saturday - 10:00 am
90 minute sessions

WHERE: Zoom - for more information go to: <https://namiccns.org/support-groups/grief-and-loss-support-group/>

Stable-ity:

WHAT: Equine groundwork therapy in collaboration with Equestrian Connections in Lake Forest

WHO: Those living with a mental health condition

WHEN: Quarterly on Mondays - 6:30 pm to 8:00 pm
90 minute sessions

WHERE: Equestrian Connection, Lake Forest, Illinois

Sundays At One: Currently on Hold

WHAT: Once a month those living with a mental illness and family members can come together for a social gathering in and around the Chicagoland area.

WHEN: Once a month on Sundays.

WHO: Please contact Robert Chernawsky for more information and to RSVP. She can be emailed at rchernawsky@aol.com. All attendees must register with Roberta before attending any group outings.

Veterans Support Group:

WHAT: For veterans living with a mental illness or mental health issues and Gold Star Families. Share problems you are facing and learn how others have dealt with the same issues. In a confidential environment, share your concerns and ask questions about housing, medications, government programs, therapists, and anything else troubling you. You can talk with no fear of stigma or shame. Please call the number below before attending the meeting. Dr. Phil Metres is the facilitator of this group and must speak with participants before their arrival to the group. *Phone Number to reach out for facilitator:* (847) 207-3327

WHO: For veterans and their families. We believe that it is very important to reconnect with family. After all, you son/daughter was part of a larger family, that you are a part of as well.

WHEN: Every other Thursday - 6:30 pm
90 minute sessions

WHERE: 655 Landwehr Rd Northbrook, IL 60062

CURRENT CLASSES:

The NAMI Family-to-Family Education Program is a FREE 8-week course for families and close friends of adults with mental illness. This course is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness, such as major depression, bipolar disorder, anxiety disorders, schizophrenia, and other disorders.

Many family members describe this experience as life-changing. Join the thousands of families just like yours, who have gained information, understanding, and support.

Family to Family participants:

- Learn about family responses to the trauma of mental illness
- Receive current information on serious mental illnesses
- Learn about symptoms, medications and side effects
- Practice problem-solving skills and communication techniques
- Develop strategies for handling crises and relapses
- Learn about local community resources and supports
- Focus on self-care and coping with stress

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, advice, or other information. For emergency help call 911. Call messages will be answered with 24 hours during operating business hours: Monday, Tuesday, Thursday, and Fridays - 10 am to 4 pm. Closed Wednesdays, Saturdays, and Sundays.