

November E-News

Welcome to NAMI Metro Suburban's Monthly E-News, a place to see upcoming events, read the words of other NAMI members and learn about the latest research and legislation in the field of mental health.

In This Issue

[Fall Class Schedule](#)

[New Hours - The Living Room](#)

[Annual Members Meeting](#)

[#GivingTuesday](#)

[Recovery in Action](#)

[The Teen Brain](#)

Fall Schedule

November

Youth Mental Health First Aid

November 4 at 8:00am
Community Wellness Center in LaGrange

The Teen Brain: It's Development and Relationship to Mental Illness

November 5 at 1:30pm
Oak Park Library

Anxiety and Resistance in Youth

November 9 at 7:00pm
Community Wellness Center in LaGrange

Beginners Yoga

November 14 at 7:00pm
Community Wellness Center in LaGrange

New Hours to Better Serve The Community



As of November 1, The Living Room has new hours. We are still open 365 days a year but our hours will be from **1pm to 9pm**.

Please see our website for more information about The Living Room. www.thelivingroomlg.org

Please join us for our
Annual Member's Meeting
Wednesday, November 8 at 6:00pm

The Carlton of Oak Park Hotel
[1110 Pleasant Street, Oak Park](#)

Featured Speaker: Kelly O'Brien
Illinois Executive Director,
The Kennedy Forum

Black Friday. Cyber Monday.

#GIVINGTUESDAY™

November 28, 2017

#GivingTuesday is a global giving movement that has been built by individuals, families, organizations, businesses and communities in all 50 states and in countries around the world. Millions of people have come together to support

Managing Procrastination and Developing Executive Function Skills in Youth

November 16 at 7:00pm
Community Wellness Center in LaGrange

What We Put Into Our Mind/Body Impacts Our Feelings of Well-being

November 19 at 1:30pm
Oak Park Library

Giving Tuesday

November 28
Don't forget to make your #givingtuesday donation to NAMI Metro Suburban!

Beginners Yoga

November 28 at 7:00pm
Community Wellness Center in LaGrange

To register for any of these programs visit our website

www.namimetsub.org or call [\(708\) 524-2582](tel:7085242582).



and champion the causes they believe in and the communities in which they live. We have two days for getting deals - Black Friday and Cyber Monday. On #GivingTuesday, we have a day for giving back.

Together, people are creating a new ritual for our annual calendar. Every act of generosity counts, and each means even more when we give together. #GivingTuesday is a celebration of America's greatest traditions: generosity, entrepreneurialism, community.

Please consider NAMI Metro Suburban on November 28, #GivingTuesday. [Click here to make a donation of any size.](#)

Recovery in Action

Often when we think about recovery we think about what helps and what doesn't. With a combination of different types of treatment, recovery becomes a journey. Tim, a Living Room Guest, can testify to this. After experiencing twenty years of depression in "bad places" and "mental prisons", he is starting to come out of his shell and entering the world of advocacy.

Is advocacy a big element in recovery? Yes, yes it is. When people are advocating for others, it not only takes the focus off self-analysis, it also feels good to help someone else in need. Tim is a great example and he is on his recovery journey.

"For eleven years it was me trying medications. The term I like to use is 'treading water.' I was getting by with life but I wasn't living life. It gets to the point where your hope is gone and you think it could lead to eventual suicide."

He shared with me what it means to him to be in treatment. "The biggest thing was finding a doctor who was open to different things. The most frustrating thing about this process has been the trial and error. Failures diminish hope and optimism. Being with a good psychiatrist helps."

Tim shared with me how he is doing in the present moment in his recovery. "I have an optimistic view. Because of my illness... I'm 32....right now I can kind of reinvent myself. If I can help just one person through advocating or speaking, nothing would give me greater joy."

Tim, you truly are an advocate.

Written By: Jeff Shapiro, CRSS

**The Teen Brain
November 5 at 1:30 PM
Oak Park Library
Presented by Barbara Barrett, RN, BSN**

In an effort to understand the causes of mental illness, scientists have been studying the development of the brain from birth to adulthood.

The teen years are a crucial time for mental, social, and emotional wellbeing and development. Changes

that occur in teens brains as they develop may help explain why the first signs of mental illness often appear during this time. The reality is many people who suffer from depression, anxieties, obsessive compulsive disorder and other mental issues showed symptoms before age 24.

In this program participants will:

- Gain knowledge of the physical development of the adolescent brain and its effect on mental, social and emotional behavior.
- Recognize the prevalence of mental health issues in the teen years and their contributing factors such as stress.
- Identify the most common mental illnesses in this age group.
- Recognize typical teenage behavior as well as warning signs for mental health disorders.
- Establish coping strategies for helping teens during this transitional time of



significant brain development. [Register Here](#)

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