

## October 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.

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## Fall Schedule

### October

#### **Beginners Yoga**

October 3 at 7:00pm  
Community Wellness Center in LaGrange

#### **Mental Health First Aid**

October 10 at 8:00am  
Community Wellness Center in LaGrange

#### **Self-calming in the Parenting Moments**

October 12 at 7:00pm  
Community Wellness Center in LaGrange

#### **Beginners Yoga**

October 17 at 7:00pm  
Community Wellness Center in LaGrange

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

October 19 at 7:00pm

**NAMI Metro Suburban** was founded 25 years ago by a handful of women caring for loved ones living with mental health conditions. Stemming from the vision of that core group of women, NAMI Metro Suburban has become the organization people look to for education, support, advocacy and awareness throughout the western suburbs of Cook County. Please join us on October 21 as we celebrate 25 years of successes and milestones at our Magic of Hope Gala.

**Purchase your tickets at**  
<http://magic25.eventbrite.com>

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## Mental Illness Awareness Week October 1-7, 2017

Raising awareness can seem a daunting task but there are small steps you can take to help yourself, your loved ones and your community.

### 1. Help Yourself

Start with a check up from the neck up. We are all aware of the steps we need to take to maintain our physical health but how often to do we examine our own



Community Wellness Center in LaGrange

**The Magic of Hope - NAMI Metro Suburban's 25th Anniversary Celebration**

October 21 at 6:30pm  
Brookfield Zoo

**Youth Suicide Prevention and Education**

October 29 at 1:30pm  
Oak Park Library

**Beginners Yoga**

October 31 at 7:00pm  
Community Wellness Center in LaGrange

**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

mental health. You can take a quick self-assessment [here](#) to see if you would benefit from help from a mental health professional.

**3. Help Your Loved Ones**

Take the [Stigma Free Pledge](#) to let others know there is hope and understanding. The StigmaFree campaign is NAMI's effort to end stigma and create hope for those affected by mental illness.

**4. Help Your Community**

Another way to help the community is to share our stories. Others benefit from knowing they are not alone. You can share your thoughts and experiences by going to [You Are Not Alone](#) or by sending an email to [1in4mentalhealth](mailto:1in4mentalhealth).

**5. Give Back**

For 25 years NAMI Metro Suburban has been raising mental health awareness in the western suburbs of Cook County. We could not do that without the help of our generous partners and donors. To donate to NAMI Metro Suburban, [click here](#).

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**Keeping Up With NAMInation**

NAMInation performed their original program "Through the Blues to Recovery v.1" at the

NAMInation sharing the stage with Representative Chris Welsh

LemonAid Stand block party on September 11th. According to the organizers of the event, "LemonAid was established in 2002 in memory of the September 11th attacks. Our mission is to turn lemonADE into lemonAID by raising awareness and funds for local charities that serve children." In 2015 NAMI Metro Suburban was a recipient of a generous grant from the LemonAid Stand.

NAMInation hosted an Open Mic for Addiction Recovery Month at the Grateful House Women's Recovery Center in Oak Park. The event was sponsored by the Addiction Recovery Team (ART). Over 20 people

Community Wellness  
Center in LaGrange

performed at the Open Mic and there were  
75+ people in attendance.

**Managing  
Procrastination and  
Developing Executive  
Function Skills in  
Youth**

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

The Drop-in Center will host their monthly  
Open Mic/potluck, on Friday October 6th,  
from 4:00-6:30pm. This month's theme will be  
breast cancer awareness. Bring a song, joke,  
poem, story, or some food/non-alcoholic  
beverage to share. PA provided and karaoke  
available. Performance not required.

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

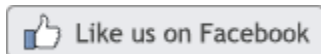
November 19 at 1:30pm  
Oak Park Library

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



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