

NAMI WILL-GRUNDY *Mission Statement*

Our mission is to support individuals with mental illnesses, and their families, through advocacy, education, and outreach.

SUPPORT GUIDELINES

- We will see the individual first, not the illness.
- We recognize that mental illnesses are brain disorders.
- We aim for better coping skills.
- We find strength in sharing experiences.
- We reject stigma in ourselves and others.
- We won't judge anyone's pain as less than our own.
- We forgive ourselves and reject guilt.
- We embrace humor as healthful.
- We accept that we cannot resolve all problems.
- We expect a better future in a realistic way.



Visit www.nami.org for upcoming walks.

It's about the people...

People who care

People who understand

People who teach

People who learn

People who want a better life

People who want to fight mental illnesses and win!



417 Taylor Street

Joliet, Illinois 60435

info@namiwillgrundy.org

www.namiwillgrundy.org

(815) 409-7917



www.unitedway.org



Like us on Facebook **NAMI Will-Grundy.**



YOU ARE
not Alone

NAMI believes in support

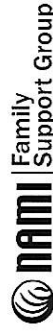
NAMI wants you to know that you are not alone – an estimated one in four families is on this journey with you. By offering support for individuals and families, NAMI provides encouragement, understanding, and mutual respect.



NAMI Connection is a recovery support group program for adults living with mental illness. Provides social interaction, and new skills in an atmosphere of respect, understanding, encouragement, and hope.

MEET IN JOLIET 1st and 3rd Sundays of each month
OR 2nd and 4th Mondays of each month
Presence St. Joseph Hospital, 333 N. Madison Street
LDRP Classroom, 2nd Floor 6p.m. – 7:30p.m.

MEET IN BOLINGBROOK 4th Sunday of each month
Amita/Adventist Bolingbrook Hospital,
500 Remington Blvd. 6p.m. – 7:30p.m.



Family and Individual group meetings are for those who love and care for someone living with mental illness. These groups provide a place to meet and learn from others who can understand your unique challenges.

MEET IN JOLIET 1st and 3rd Sunday of each month
Presence St. Joseph Hospital, 333 N. Madison Street
LDRP Classroom, 2nd Floor 6p.m. – 7:30p.m.

MEET IN MORRIS 2nd Tuesday of each month
Morris Hospital, 150 W. High Street
First Floor, 6p.m. – 7:30 p.m.

MEET IN BOLINGBROOK 4th Sunday of each month
Amita/Adventist Bolingbrook Hospital,
500 Remington Blvd. 6p.m. – 7:30p.m.

NAMI believes in education

NAMI's Educational Programs give you information, crucial resources, and access to a community of people who relate to your experiences. Call (815) 409-7917, email info@namiwillgrundy.org, or visit namiwillgrundy.org for upcoming schedules.



This free, 12 week, family education program fosters learning, healing, and empowerment among family members and close friends of individuals with mental illnesses. There are special workshops for problem solving, listening and communication techniques to gain strategies for handling crises and relapses; care for the caregiver; and coping with worry, stress, and emotional overload.
Now in Spanish! For more info call Lucy (312) 560-2967.



NAMI Basics is a free, six-session course for parents and other primary caregivers of children and adolescent living with mental illness.

WRAP Wellness Recovery Action Plan® is a course designed to guide persons with mental health conditions to make the most of their recovery process in as pro-active a way as possible. For classes and schedules contact us at info@namiwillgrundy.org or (815) 409-7917.

NAMI believes in advocacy

NAMI ILLINOIS ADVOCACY PRINCIPLES

NAMI shapes the national public policy landscape for people with mental illness and their loved ones and provides volunteers with the tools, resources and skills necessary to promote mental health in all states.

Join NAMI WILL-GRUNDY

When you join, you become a member of your local NAMI affiliate, your NAMI state organization, and the national NAMI organization.

MEMBERSHIP APPLICATION

First Name _____

Last Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____

MEMBERSHIP DUES

_____ \$5 Open Door (for low income)

_____ \$40 Individual

_____ \$60 Household (for individuals at same address)

_____ \$ _____ Optional Donation Add to Membership Dues

Additional names of individuals covered under Household Membership



Mail with check to: 417 Taylor Street, Joliet, IL 60435
or Sign up online: namiwillgrundy.org.