



Sauk Area

Board of Directors

Mary Brokaw, President
Tara Wagenknecht, VP, Treas.
Betty Marrantino, Secretary
Pam Alessi, Director
Tracy Brooks, Director
Mary Ann Hutchison, Director
Jeff Wagenknecht, Director

Calendar of Events

NAMI Support Group 6:30pm 8/22
Sinnissippi Centers

NAMI Board Meeting 5:30pm 8/22

A New View Support Group 9/14
Rochelle

NAMI Support Group 6:30pm 9/26
Sinnissippi Centers, Dixon

Family-to-Family 9/05-11/21
Town Sq. Center, Dixon

NAMI SA Support Group

The NAMI Sauk Area Support Group meets this Tuesday, August 22, 6:30 pm at Sinnissippi Centers, 325 Rt 2, Dixon.

All are welcome to join us at our Board Meeting at 5:30 pm, just prior to the support group meeting, to hear about our activities. Your input is welcomed & appreciated.



A NEW VIEW
Changing the way we see mental illness.

A New View support group for adult family members and friends of individuals living with a mental disorder, is led by Tracy Brooks, a NAMI support group facilitator, and is offered 6:30 - 8:00 pm on the 2nd Thursday of each month at Faith Lutheran Church, 14206 E. Flagg Road in Rochelle. For more information, please call Tracy at 815-761-7654 or email her at tbrooks429@comcast.net.

Family To Family Class

Beginning on September 5th, NAMI Sauk Area will offer their 6th Family-to-Family Class. This NAMI signature program for adult family members & friends of individuals with a mental illness, is a free 12 week course that will be held on Tuesday nights from 6:00 to 8:30pm. We will meet at the Town Square Centre in Dixon. NAMI Sauk Area covers all expenses. Contact us ASAP if you would like to attend. Registration is required. More information can be found on page 3.

Contact Information:

Mary (815) 284-6417
Tara (815) 303-9386

E-Mail:

namisaukarea@gmail.com

Websites:

www.nami.org

www.namiillinois.org

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www.facebook.com/namisaukarea5k



NAMI Trainings Ahead

Family to Family Teacher	9/29 - 10/1	Wheaton
Family to Family Teacher	11/2017	Champaign
Family Support Group Facilitator	10/28 - 10/29	Wheaton

NAMI Sauk Area Members

Thank you to the following individuals who support NAMI SA with your membership!

Pam Alessi, Mary Brokaw, Chad Brooks, Tracy Brooks, Lois Dober, Marjorie Donovan, Anne Dunbar, Pam Gallagher, Jami Hackman, Nicholas Head, Mary Ann Hutchison, Betty Marrantino, Angela Mehlbrech, Dan & Kristine Schauff, Jeff & Tara Wagenknecht, Maggie Wike, and Colleen Yucus.

Membership Fees:

Household Membership \$60
Individual Membership \$40
Open Door Membership \$5

Community Advocacy, Education, & Outreach

Hospital Outreach: KSB, CGH, RCH - Jeff, Maggie, Tracy.

PRISM Meetings - Mary Brokaw.

“A New View” Support Group, Rochelle - Tracy Brooks.

Social Media (Facebook & Twitter) - Tracy B.

Dixon Ministerial Presentation - Mary B.

Presentations for bank & clergy - Mary B., Tracy B.

NAMI “Say It Out Loud” Presentations - Maggie Wike.

To opt out of these emails, please reply “opt out”



Free Classes for family members
and friends of adult individuals living with

Schizophrenia
Bipolar Disorder Major Depression
Borderline Personality Disorder Panic Disorder
Obsessive Compulsive Disorder (OCD)
Post-traumatic Stress Disorder (PTSD)
Co-occurring Brain Disorders and Addictive Disorders

Family-to-Family is a series of 12 weekly classes structured to help caregivers understand and support adult individuals living with a severe mental illness, while maintaining their own wellbeing. The course is taught by a team of trained NAMI family member volunteers who know what it's like to have a loved one struggling with one of these brain disorders. There is no cost to participate in the NAMI Family-to-Family Education Course. Over 300,000 people in the U.S., Canada, Mexico, and Italy have completed this program. We think you will be pleased with the support and education offered by the classes. Please call for more information.

Classes Start: **September 5, 2017**
and run for 12 consecutive Tuesdays
ending on November 21, 2017
6:00 p.m. to 8:30 p.m.

Town Square Centre
103 W. 2nd St. (Upper Parking Deck)
Dixon, IL 61021

Sponsored by NAMI Sauk Area

Co-Teachers: Tracy Brooks (815) 761-7654 tbrooks429@comcast.net
Tara Wagenknecht (815) 303-9386 tara@palm-it.com

Phone registration required.

Program limited to 20 participants.

This NAMI Family-to-Family Education Program is sponsored by NAMI Sauk Area and is funded by donations.