

# SEPTEMBER

## NAMI Dubuque Program Center

Open Peer Support Hours (or by appointment)

Wednesdays: Family Support-9am-11am / Peer Support-3pm-6pm

Thursdays: Peer Support-2pm-6pm

SUN.	MON	TUES.	WEDNESDAY	THURSDAY	FRI.	SAT.
1		3 Family Support Group @6:00	4 *9am-11am:OpenFamily/Caregiver Support 3:00 Open Support 6:00 Connection Peer Support Group	5 2:00 Open Support 6:00 All Pathways Recovery Support Group		7
8 6:00pm Suicide Awareness Sunset Walk @Univ. of Dubuque		10	11 *9am-11am:OpenFamily/Caregiver Support 3:00 Open Support 5:00 Plan,Shop,Save,Cook -Class #4 6:00 Eating Disorder Support- Online- Please Inquire 6:00 Suicide Bereavement Support 6:00 Men's Brain Health Support Group	12 2:00 Open Support 4:00 Creativity & Mindfulness in Journaling Class 1. Register: <a href="http://www.namidubuque.org/general">www.namidubuque.org/general</a> 6:00 Veterans Group		14 *10am-Women's Group **10am-Families Anonymous
15		17 Family Support Group @6:00	18 *9am-11am:OpenFamily/Caregiver Support 3:00 Open Support 6:00 Connection Peer Support Group	19 2:00 Open Support 4:00 Creativity & Mindfulness in Journaling Class 2 6:00 All Pathways Recovery Support Group		21 9:00am Epworth Breakfast & Learn-Please Register
22		24	25 *9am-11am:OpenFamily/Caregiver Support 3:00 Open Support 6:00 Men's Brain Health Support Group	26 2:00 Open Support 4:00 Creativity & Mindfulness in Journaling Class 3 6:00 Veterans Group		28 9:00am Epworth Family & Friends-Please Register