

# Delaware County: November

Peer-Run Wellness Center

Ellen@namidubuque.org & 563-557-6264

601 Grant Street, Manchester, Iowa- 52057

[namidubuque.org/delco](http://namidubuque.org/delco)

Facebook: NAMI Dubuque

NAMI Peer-to-Peer, Monday & Wednesday 1-3:00pm

Learn more about Peer-to-Peer here:

<https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Peer-to-Peer>

**\*\*The Center will be CLOSED Friday, November 10th & Friday, November 24th**

**\*\*CHANGE in CENTER HOURS: Nov.13-17th. Hours are 10:00-2:00 with open activities.**

**\*\* Fall/Holiday theme activities on Nov. 20th & Nov. 22nd**

## Monday

## Wednesday

## Friday

	Open: 9:00A- 4:00P	Open 9:00A-4:00P	Open 9:00A-4:00P
9:00 AM	9:00-10:00A Open, 1:1 Peer Support by appointment	9:00-10:00A Open, 1:1 Peer Support by appointment	9:00-10:00A Open, 1:1 Peer Support by appointment
10:00 AM	10:00AM Coffee/Tea Journal: Seasonal /Lonliness/Depression	10:00AM Coffee/Tea /Journal: Mental Health & Substance Use	10:00AM Coffee/Tea /Journal: Open Topic
11:30 AM	11:30-12:30 NAMI Lunch Bunch Topic: Coping Skills	11:30-12:30 NAMI Lunch Bunch Topic: Family Dynamics	11:30-12:30 NAMI Lunch Bunch: Open Topic Group/Book Club
1:00 PM	1:00-3:00 NAMI Peer to Peer ( 8 session mental health educational class)	1:00-3:00 NAMI Peer to Peer ( 8 session mental health educational class)	1-3:00 Vision Boards/Creative Activity
3:00 PM	3-4:00 Goal Group/Wellness Plans/Open Activity	3-4:00 Goal Group/Wellness Plans/Open Activity	3-4:00 Open Activity
4:00 PM	CLOSE	CLOSE	CLOSE

### Program Notes

NAMI welcomes 1:1 Family Support as well!

Contact Ellen at [ellen@namidubuque.org](mailto:ellen@namidubuque.org)

Need a ride? We can help!

11/13 to 11/17 Ellen is gone for training, help us welcome Echo & Sam!

### DelCo Evening Support Groups

1st Monday of each month- 5:30P (peer) to 7:30P (peer)

NICC Campus, Manchester, IA 52057