

December

NAMI Peer-Run Wellness Center @ 601 Grant St. Manchester, IA
Ellen@namidubuque.org & 563-557-6264

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>

| | Monday | Wednesday | Friday | Program Notes: |
|---------|--|--|--|--|
| | 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 | *One-One Family Support is available. |
| 10:00 A | 10:00AM Coffee/Tea Journal: Seasonal Depression | 10:00AM Coffee/Tea Journal: Mental Health & Substance Use | 10:00AM Coffee/Tea Journal: Open Topic | *Need a ride? We Can help! *Watch the NAMI Dubuque facebook page or call 563-927-5116 for weather related changes. https://www.facebook.com/NAMIDubuque/ |
| 11:30 A | 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 | *DelCo Evening Support Groups: 1st Monday of each month- 5:30P (Peer Support) to 6:30P (Family). NICC Campus, Manchester, IA 52057. Dec. 4th & Jan. 8th |
| 1:00 AM | 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 | *NAMI Manchester Center is CLOSED Mon. Dec. 25th & Mon. Jan. 1st |
| 3:00 AM | 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 AM | CLOSE | CLOSE | CLOSE | |