



FEATURED AGENCY: NAMI KDK

NAMI KDK is a local affiliate of NAMI National. It is our mission to provide mental health education, support, and advocacy for individuals, family members, and communities in Kane-south, DeKalb, and Kendall Counties. All of our programs are free and facilitated by those living in recovery or their family members for a lived experience perspective free from judgement. We are fortunate to be funded by the INC 708 Board.

Currently we provide support for family members in our Family Support Group that meets the first Saturday of every month from 9:30 – 11:00 a.m. at the Batavia Public Library, and a new group that meets the 3rd Thursday of every month at Presence Mercy Medical Behavioral Health Building in the Dunleavy/Walsh Conference Room from 6:30 – 8:00 p.m.

Support for those living in recovery is provided at our Connection Recovery Support Group that meets the 2nd Wednesday of every month at the VNA Health Care in Aurora from 6:00 – 7:30 p.m., and at our Friendship Circle which meets the 2nd Tuesday of every month at the at the same location from noon – 1:00 p.m.

Family members are given a comprehensive education in our Family-to-Family class which will be starting in Aurora on September 10th for 12 weeks from 6:30 – 9:00 p.m.

High school students benefit from our Ending the Silence presentation where they learn symptoms of mental health conditions and how to stop stigma.

Community members learn about various mental health topics through our Saturday Coffees every other month, and callers on our help line are matched with

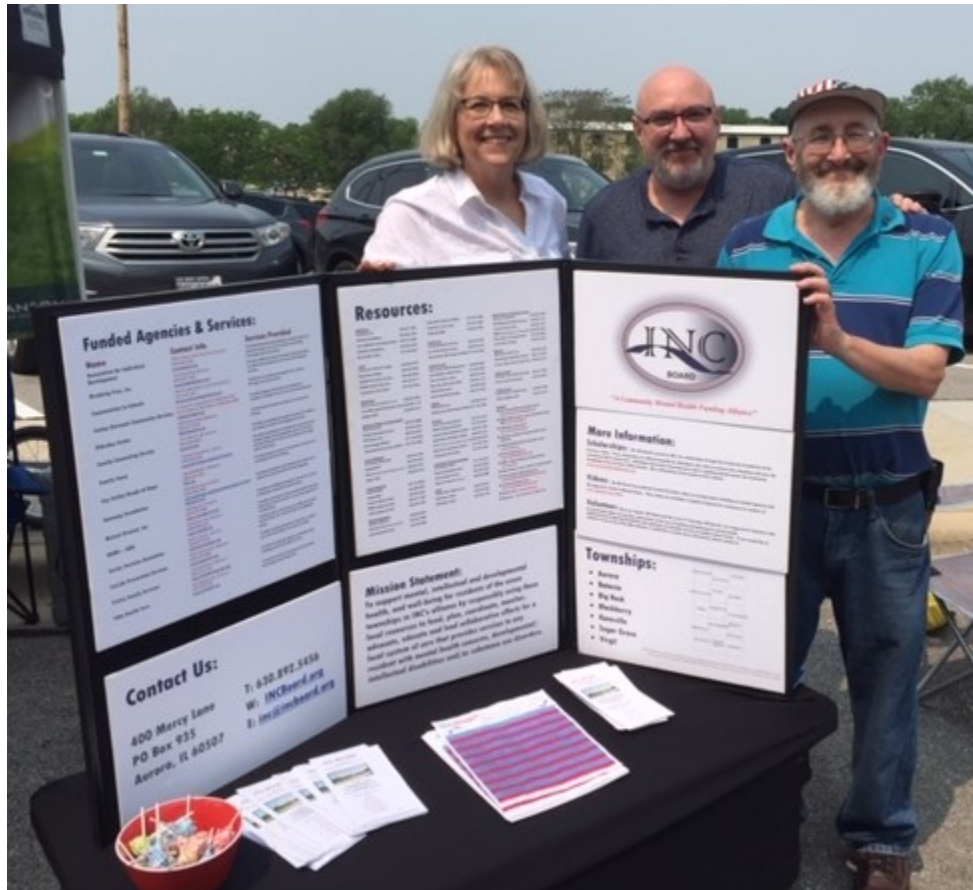
needed local mental health resources.

To learn more about these programs and our affiliate, please visit our website at www.namikdk.org.

NAMI KDK HELP LINE: [630-512-1121](tel:630-512-1121)
NATIONAL SUICIDE PREVENTION LINE: [800-273-8255](tel:800-273-8255)

WELLBATAVIA FESTIVAL 2019

Thank you to members of our Batavia 708 Board for participating in the WellBatavia Festival. The festival focuses on wellness resources for attendees looking for ways to improve their personal health. The festival included a 5k race, Farmer's market, and free fitness classes.



Thank you John Intrain!

The INC Board sincerely appreciates John Intrain's 28 years of service. He served on the INC Board, as the liaison from the Aurora 708 Board and as president of the Aurora 708 Board. We thank him for all his hard work and support. We wish you all the best! Again, thank you for your time and dedication to the community.

A Layperson's Guide to Mental Illness Presentation Available

If you are interested in scheduling a presentation either in English or Spanish, please contact the INC Board, NFP at 630-892-5456 or by email inc@incboard.org. Click [here](#) for the flyer and additional information.