



NAMI
National Alliance on Mental Illness

McHenry
County



Surviving & Thriving This Holiday Season

Please Join Us

Thursday, December 21, 2017

GENERAL EDUCATION & SUPPORT GROUP MEETING

7 pm - Presentation
8 pm – Support Groups

'Tis the season to be . . .? The holidays are over-marketed to be a time of joy and celebration. While festivities and community can be part of the season, many people have other experiences this time of year. Sometimes uninvited guests (anxiety, stress, overwhelm, depression, isolation, loneliness, grief, and others) show up unannounced during the holidays. Come learn tips and strategies to host as well as interact with these visitors with flexibility and aplomb from Brian McCallum.

Brian McCallum, Licensed Clinical Professional Counselor (LCPC), serves as Intake Coordinator as well as a clinician at Samaritan Counseling; Samaritan offers hope, help, and healing by providing professional counseling services to individuals, families, and faith communities.

If you know of someone who would benefit from this presentation, feel free to invite them to join you. These presentations and support groups are open and free to the community. Registration is not required.

SUPPORT WILL BE OFFERED AFTER THE PRESENTATION

If you have an urgent need to meet with someone for support instead of attending the presentation, please let someone at the sign-in desk know and one of our support facilitators will be happy to meet with you immediately.

**FOR MORE INFORMATION CONTACT: NAMI McHenry County at 815-308-0851
LOCATION: Community Resource Center, 620 Dakota Street, Crystal Lake, IL 60012**