



National Alliance on Mental Illness

NAMI

**Lake County
Illinois**

For more info, go to our website: <https://namilake-il.org>
Or Contact us: 847-249-1515 (English) 224-818-6264 (Spanish)



Annual Business Meeting and General Education Presentation

December 7, 2022, 7 - 8:30 p.m.

**Join us to hear a recap of what we accomplished in 2022.
We will also present our slate of nominees for
affiliate board of directors and officers.**

**Please join NAMI Lake County Illinois on December 7th.
The Zoom link for the meeting is:**

**[https://us02web.zoom.us/j/87198100963?](https://us02web.zoom.us/j/87198100963?pwd=WEViQ0VXbW5hUFVYRCsrSIYzcGwzUT09)
[pwd=WEViQ0VXbW5hUFVYRCsrSIYzcGwzUT09](#)**

Sacred Rest and Restoration

How can you keep your energy, happiness, and relationships thriving in the midst of family demands and the stress of everyday life?

As we honor ourselves with Sacred Rest and Restoration, we will discuss our mental, emotional, physical and spiritual needs and what we can do to restore balance and a sense of peace.

Sacred Rest and Restoration are sacred parts of our lives worthy of respect and reflection. When we are able to restore the parts of our lives that are depleted, we are able to re-energize those different facets – relationships, family, creative work, etc. that make our life whole again.

Through the use of mindfulness, reflection, and prayer we look to:

- *seek peace when burdened by stress or anxiety*
- *find spiritual comfort when grieving, feeling lonely, or lost*

Program presented by:

Mia Izquierdo is the communications director for **Faith, Hope & Good Mental Health**, a ministry founded by Rev. Kathy Dale McNair, the former **NAMI FaithNet** Coordinator for **NAMI CCNS**.

FH&GMH helps faith communities learn how to support people who have mental health concerns. Restoring Wholeness is their curriculum based on spiritual practices. These include mindfulness, stillness, reflection, imagination, and blessing. By addressing mental health challenges, we can help create responsive, compassionate individuals and caring communities. For more info, visit our website: www.FHGMH.org