



**FOR IMMEDIATE RELEASE**  
**January 12, 2023**

### **100+ Women Who Care of Will County donate to NAMI Will-Grundy**

100+ Women Who Care of Will County donated \$6,750 to NAMI Will-Grundy this quarter. Vice President, Cheryl Habeeb, Family Support Group Facilitator, Char Spreitzer, and other NAMI volunteers were presented the checks on January 11, 2023. Our donation will help provide education, support, advocacy, and public awareness, so that all individuals and families affected by mental illness can build better lives. Specifically, it will help fund the socialization activities and drop in services that are offered. The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Habeeb says, "It is important for all of us to take care of our mental health more than ever. NAMI Will Grundy wants to reduce the stigma of mental illness which prevents people from reaching out for help. If we need help with our mental health, we should reach out to a therapist, psychiatrist, or support group- just like we would get medical treatment for a broken arm or high blood pressure. We would like to thank 100+ Women Who Care of Will County for their generous donation which allows us to continue to offer our support groups, education classes, and socialization activities at no charge for people with mental illness and their families. NAMI is a great place to talk to others who understand what you are going through and please know that you are not alone."

100+ WWC is a philanthropic group formed for local women who are interested in supporting their communities by contributing to Will County charities together as a group to increase the donation impact. 100+ Women Who Care of Will County is designed to make an immediate and positive impact on the lives of our community. At each of the quarterly meetings 100+ WWC members nominate charities, three are chosen at random, and after a brief presentation, the members vote on which charity to support. Once the winning charity is announced, everyone writes a \$100 check, on the spot directly to that charity. Teams of 2 or 4 are welcome to join. All charities nominated must be located in, and serve, Will County and must have 501(c)(3) non-profit status. 100+ Women of Will County of Will County has raised over \$142,000 for local charities.

Learn more by coming to our next meeting on February 14, 2023 from 6:00-7:00 PM at Cooms Corner. For more information, please go to the web site at [www.100wwc-will.org](http://www.100wwc-will.org) or visit us on Facebook.

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