

Overview of Services

Support Groups

Support for Individuals: 7:00-8:30pm – "NAMI Connection"

Location	Date	Address
Winfield	Every Wednesday	Central DuPage Hospital Behavioral Health Bdg.
Downers Grove	Every Thursday	Good Samaritan Hospital North Pavilion, Cancer Care Conference Room
Westmont	Every Monday	Hinsdale Hospital Outpatient Behavioral Health 740 Pasquelli Dr., Group Rm. C

Support for Families: 7:00-8:30pm

Location	Date	Address
Wheaton	2 nd and 4 th Tuesday	NAMI DuPage office 2100 Manchester Rd. Bldg B., Ste 925
Wheaton - Family Intro Support Group (For families new to mental illness concerns)	2 nd and 4 th Wednesdays	NAMI DuPage office 2100 Manchester Rd. Bldg B., Ste 925
Naperville	1 st and 3 rd Mondays	Linden Oaks Outpatient Center 1335 N. Mill St., Room 207
Oak Brook (Faith Based)	1 st and 3 rd Mondays	Oak Brook Church of Christ 501 Oak Brook Rd, Room 259
Wheaton (For Parents of Children 22 and Under)	4 th Mondays	NAMI DuPage office 2100 Manchester Rd. Bldg. B., Ste 925

Drop-In Centers

Support for Individuals: for Socializing

Location	Date	Address
Age 30+ Naperville	Every Wednesday 6:00-8:00pm	Rubin Community Center 305 W. Jackson Ave.
Age 30+ Westmont	Refer to website www.namidupage.org	Westmont Community Center 75 E. Richmond Ave.
Age 18-30 Glen Ellyn	Every Wednesday 6:00-9:00pm Dinner and activity	Ackerman Sports Center, 800 St. Charles

Education

Call office or register online.

Family-to-Family	NAMI Basics	W.R.A.P.
12 week educational course for family members	6 week educational course for parents with children under 18	Wellness Recovery Action Plan is an 8 week course for individuals with mental illnesses

Advocacy

Speakers Bureau	Advocacy Tool Kit	Online Letter Writing
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Questions? Call the Resource Line at 630.752.0066 – Monday through Friday, 9 A.M. to 4 P.M.

❖ Refer to www.namidupage.org for the most current Overview of Services and weather cancellations

NAMI is here for you, how can we help?

Support

Families

Family Support Groups

Get information on brain disorders, treatments & services. Find friends who care & understand. Share ideas that help you and your family. Share your experience & learn from others.

Parents Support Group

Parents who have a child under 22 with a mental illness and are seeking to find support, share, listen, get information and to share their stories with others should join this discussion group.

Individuals

NAMI Connection

Totally confidential, weekly recovery support group for adults living with mental illnesses in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.

Drop-in Center

Weekly Social groups where participants enjoy a meal friendship and recreational activities.

Education

Families

Family-to-Family

12-week course taught by trained family members for caregivers of individuals with severe mental illnesses. Course topics include:

- Disorders
- Medications
- Research
- Communication
- Coping
- Getting Support

NAMI Basics

6-week course taught by trained teachers who cared for a child with symptoms of mental illness prior to the age of 18 years. This course is for those who are in the same circumstance.

Individuals

WRAP® (Wellness Recovery Action Plan)

Develop a comprehensive, personalized and strengths-based W.R.A.P.® plan to help you achieve your recovery goals, manage symptoms yourself, and improve your quality of life.

Membership

\$35 fee includes bimonthly newsletter from NAMI DuPage, quarterly magazine from both state and national NAMI organizations

Advocate

Volunteer

Legislation

Speakers Bureau

Community Presentations

Hospital Presentations

School Presentations

Resources

Resource Line: 630-752-0066

Monday - Friday, 9am-4 pm

Website: www.namidupage.org, www.nami.org and il.nami.org. Library: Videos, magazines, books, brochures and computers with internet

Peer Specialists

Individual Peer Specialist

An individual with a mental illness who has been extensively trained to coach and mentor others with a personal diagnosis as they journey toward recovery.

Family Peer Specialist

A family member of someone with a mental illness who has been extensively trained to coach and mentor other family members as they help strengthen self-care tactics and discuss how to care for their loved ones.