

Family Programs

Support Groups

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.

Education Classes

Family-to-Family

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

NAMI Basics

8-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.

Family Peer Specialists

Family Peer Specialists can help with community resources, offer support to the families/support people, help manage expectations and explanations of what we all know can be a difficult mental health system to navigate.

Family Programs



DuPage County

Individual Programs

Support Groups

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.

Education Classes

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.

Ind. Peer Specialists

We have individual Peer Specialists with a variety of age ranges, experiences and diagnosis willing to share their lived experiences in recovery. They also help to work on goals, whether big or small, connect to community resources and provide support.

The Living Room

The Living Room is a peer-led alternative to the traditional ER for those with mental illness crises. The Living Room is a comfortable, non-clinical setting that provided the guest a safe and calming atmosphere where he or she can talk with a peer.

General Programs

Education Programs

Mental Health First Aid

8 hour class that teaches the skills to respond to the signs of mental illness and substance use

Community Presentations

Custom presentations on basics of mental health are available for diverse organizations including law enforcement, libraries, churches, and corporate offices.

Hospital Presentations

NAMI DuPage has a Speakers Bureau which speaks in all 6 DuPage County Hospitals. These speakers are trained to tell their personal stories and draw others toward hope and acceptance.

Youth Education

NAMI's Ending the Silence (ETS) is a 50-minute mental health awareness program for high school age youth. Teens learn how to recognize the early warning signs of mental illness and what to do if they or someone they know is exhibiting signs.

Social Recreation

Activities from Drop-in centers and art and movie nights- to activities such as yoga and sports are available throughout the week.

Employment Program

Rise and Shine Cafe & Print Shop

Gain work experience by volunteering in our new Rise & Shine Cafe or Print Shop

Membership

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

Overview of Services

Family Members

Support Groups 7:00pm – 8:30pm

Date	Location
Wednesdays	Community Center: 115 N. County Farm Road, Wheaton
1st and 3rd Mondays	Naperville: Linden Oaks Outpatient Center 1335 N. Mill St., Room 207
<i>Faith Based</i> 1st and 3rd Mondays	Oak Brook: Christ Church of Oakbrook 501 Oak Brook Rd, Room 259
<i>Parents of Children 22 and Under</i> 2nd and 4th Mondays	Wheaton: Community Center 115 N. County Farm Road

Family Peer Specialists

-Peer Walk In Resource & Support Hours -Family Peer Specialist Meetings

For more information on our Support Programs contact Patty Johnstone at (630) 752-0066 or p.johnstone@namidupage.org

Support Programs

Individual

Support Groups (Connection) 7:00pm-8:30pm

Date	Location
Wednesdays	Wheaton: Community Center 115 N. County Farm Road
Thursdays	Downers Grove: Good Samaritan Hospital North Pavilion, Cancer Care Conference Room
Mondays	Westmont: Hinsdale Hospital Outpatient Behavioral Health 740 Pasquinelli Dr., Group Rm. C

Individual Peer Specialists

-Peer Walk In Resource & Support Hours -Individual Peer Specialist Meetings

Living Room Hours 3pm-9pm

Education Programs

Family-to-Family	NAMI Basics	W.R.A.P.	Mental Health First Aid
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	8 hour class that teaches the skills to respond to the signs of mental illness and substance use

For more information on our Education Programs contact Meredith Kober at (630) 752-0066 or m.kober@namidupage.org

Social & Recreational Programs

Drop-In Center	
(Age 30+) Wednesdays 6-8pm (Dinner & Activity)	Naperville: Ruben Community Center- 305 W. Jackson Ave.
(Age 30+) Every other Sunday 1-4pm (with Lunch)	Westmont: Westmont Community Center- 75 E. Richmond Ave.
(Age 18-30) Wednesdays 6-9pm (Dinner & Activity)	Glen Ellyn: Ackerman Sports Center- 800 St. Charles Rd.
(Age 18+) Wednesdays 5:30-7pm	Wheaton: Community Center- 115 N County Farm Rd.

We have additional **Social and Recreational activities** that are held throughout the week at our Community Center which include *yoga, karaoke, art, movies, line dancing- and more!* For more information on available classes and activities, or to register, go to www.namidupage.org.

For more information on our Social & Rec. Programs contact Dana Stewart at (630) 752-0066 or d.stewart@namidupage.org

Are you interested in...?

Community Presentations: Meredith Kober m.kober@namidupage.org

Volunteering: Maggie Lancaster m.lancaster@namidupage.org

Print Shop: Jim McQuillen j.mcquillen@namidupage.org

NAMI's mission is to provide support, advocacy and education in order to improve the quality of life of individuals with mental illnesses and their families.

Office Hours: 9am to 4:30pm
Monday – Friday
Resource Line: (630) 752 – 0066
115 N. County Farm Rd.,
Wheaton IL 60187
www.namidupage.org