

# Overview of Services

NAMI DuPage'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.

## Support Programs

### Family Support Groups - 7PM to 8:30PM

- Wednesdays - Wheaton
- 1st and 3rd Mondays - Naperville
- *Faith Based* - 1st & 3rd Mondays - Oakbrook
- *Parents of Children <22* - 2nd & 4th Mondays - Wheaton

### Individual Support Groups

- Wednesdays - Wheaton - 7PM to 8:30PM
- Thursdays - Downers Grove - 7PM to 8:30PM
- Mondays - Westmont - 7PM to 8:30PM

### Youth Support Group

- For dates and times visit [namidupage.org](http://namidupage.org)

**Living Room:** Open M to F, 3PM to 8PM, a drop-in alternative to the ER for people experiencing an increase in mental health symptoms.

**Family & Individual Peer Counselors:** One on one appointments can be made to work on recovery based goals, or to discuss mental health resources.

## Social & Recreation Programs

- **Weekly Day and Evening Programs:** Yoga, Personal Fitness, Art, Jewelry Making, Games, and more!
- **Special Events:** Bowling and pizza, Mini golf, Nature walks, Manicures, Family Picnics, Candy and card making, and more!
- **Drop In Centers:** Three different programs that meet regularly offering a free meal and activity; for locations and times visit [namidupage.org](http://namidupage.org).

## Education Programs

- **Family-to-Family:** 12 week educational course for family and friends of an adult loved one with a mental illness.
- **NAMI Basics:** 6 week educational course for parents or loved ones with children under 18 who have a mental illness.
- **W.R.A.P.:** Wellness Recovery Action Plan is an 8 week course for individuals with mental illnesses.
- **Mental Health First Aid:** 8 hour class that teaches the skills to respond to the signs of mental illness and substance use.

## Supported Employment

- **Job Readiness Classes:** 8 week class including information such as job search, networking, resume writing, interviewing, and communication/ problem solving skills.
- **Rise & Shine Café:** Work in the café to gain job experience and confidence! We offer a variety of coffees, teas, soups, salads, sandwiches and more! We offer food delivery for outside gatherings and events.
- **Rise & Shine Print Shop:** Work in the print shop to gain job experience and confidence! We offer external printing to businesses or for personal orders, for things such as: business cards, restaurant menus, holiday cards/ pictures, and much more.

## How Can I Help?

- **Volunteer with Us:** If you are interested in volunteering, please go to [namidupage.org](http://namidupage.org) and fill out a volunteer form!
- **Give:** NAMI DuPage is a nonprofit that does not receive any state or federal funding. All of the funds we receive allow us to provide most of our programs for free.
- **Spread the Word:** Make sure to like us on Facebook and follow us on Instagram!

For more information, including dates and times for any our programs, please visit our website at [namidupage.org](http://namidupage.org) or call us at 630 -752 - 0066