

Overview of Services

Family Members

Support Programs

Individual

Support Groups 7:00pm – 8:30pm

Date	Location
Wednesdays	Wheaton: Community Center 115 N. County Farm Road
1 st and 3 rd Mondays	Naperville: Linden Oaks Outpatient Center 1335 N. Mill St., Room207
Faith Based 1 st and 3 rd Mondays	Oak Brook: Christ Church of Oakbrook 501 Oak Brook Rd, Room 259
Parents of Children 22 and Under 2 nd and 4 th Mondays	Wheaton: Community Center 115 N. County Farm Road

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
Faith Based 1 st and 3 rd Wednesdays	Wood Dale: Calvary Lutheran Church, 107 North Wood Dale Road

Living Room Hours: 3pm-8pm, Open Monday through Friday

Family & Individual Peer Specialists: Peer Walk In Resource & Support Hours -Family & Individual Peer Specialist Meetings

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

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 Sara Hynes at (630) 752-0066 or s.hynes@namidupage.org

Social & Recreational Programs

Drop-In Center	
(Age 30+) Wednesdays 6-8pm (Dinner & Activity)	Naperville: Rubin 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, 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: Sara Hynes s.hynes@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 5pm
Monday – Friday**
Resource Line: (630) 752 – 0066
**115 N. County Farm Rd.,
Wheaton IL 60187**
www.namidupage.org