

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
- 1st and 3rd Saturdays - Elmhurst - 10:30 am-12:00 pm

Youth Support Group

- For dates and times visit 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.

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.

Workforce Development

- **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 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 or call us at 630 -752 - 0066