

Overview of Services

This flyer outlines our current virtual programs in light of COVID-19. For more information, visit namidupage.org or call 630-752-0066.

Our 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

All support groups are held via Zoom. Registration required on our website, namidupage.org/support

Living Room

- * **OPEN & STAFFED M - F, 3 - 8 PM.** A drop-in alternative to the ER for people experiencing an increase in mental health symptoms. Please call to be let in the building.

Family & Individual Peer Counselors

- * One on one **virtual** appointments can be made to work on recovery based goals or to discuss mental health resources.

NAMI Connection Support Groups

- * Free, **virtual** peer-led group for adults living with mental illness.
- * Wednesdays, 7 PM
- * 2nd & 4th Thursdays, 7 PM

NAMI Family & Friends Support Groups

- * Free, **virtual** peer-led support group for family members, caregivers and loved ones of individuals living with mental illness.
- * Every Wednesday, 7 PM
- * 1st & 3rd Mondays, 7 PM

Other Support Groups (Virtual)

- * Parent—2nd & 4th Mondays, 7 PM
- * Spouse/Partner—2nd & 4th Thursdays, 7 PM
- * Suicide Loss—2nd & 4th Tuesdays, 7 PM
- * Teen Support—Tuesdays, 7PM

Lunch with a Peer—Tuesdays & Thursdays

- * Take a break from your new routine! For more info visit: namidupage.org/together

SOCIAL & RECREATIONAL PROGRAMS

- * **Book Club:** **Virtual** group to discuss books and recommendations. 1st & 3rd Tuesdays, 7 PM
- * **Bingo:** Winners receive prizes! Fridays, 7 PM
- * **Trivia:** Mondays at 7
- * **SEE MORE—**www.namidupage.org/recreation

EDUCATION PROGRAMS

- * **Webinars:** Professionals & peers speak on their experiences and knowledge relating to important topics. Visit namidupage.org/workshops
- * **Family-to-Family:** **Virtual** 8-week educational course for family and friends of an adult loved one with a mental illness.
- * **NAMI Basics:** **Virtual** 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): **Virtual** 8-week course for individuals living with a mental illness.
- * **Mental Health First Aid:** **Virtual & blended** 8-hour class that teaches the skills to respond to the signs of mental illness and substance abuse.

SUPPORTED EMPLOYMENT

- * **Supported Employment Classes:** **Virtual** class that teaches job searching, networking, resume writing, interviewing, & communication/problem-solving skills.
- * **Rise & Shine Café:** Closed until further notice
- * **Rise & Shine Print Shop:** Volunteer in the print shop to gain job experience and confidence. We offer printing for external businesses as well as personal orders.

HOW CAN YOU HELP?

- * **Volunteer with us!** Interested? Fill out a volunteer form on our website! Volunteering opportunities are few but still needed during COVID-19. Health screening required to enter building.
- * **Give!** NAMI DuPage is a nonprofit that receives nearly all of its funding from private sources. Your donations help keep our programs free!
- * **Spread the word!** Recommend our services to friends and/or family! Like us on Facebook!

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