

Chicago Area Support & Advocacy Groups

Groups vary in size, focus, and location. Call, visit, ask questions, and make your own choices.

Support Groups for Parents of Children / Adolescents

NAMI Barrington Area - Toni (847) 804-2088
(call after 5 PM, weeknights) - Northwest Community Hospital
(MH Network Bldg, 2nd fl.) 901 W Kirchoff Rd, Arlington Heights
2 groups meet separately at this time: 1) Parents of adopted
children of trauma; 2) Parents of biological children (up to 23
y/o) - 1st and 3rd Fridays of the month, 7-9 PM

NAMI of DuPage County - (630) 752-0066 ext. 210 - Parents
of children under 22 w/ a mental illness - 2100 Manchester Rd.
Bldg B, Ste 925, Wheaton - 2nd & 4th Mondays, 7-8:30 PM

NAMI Cook County North Suburban - (847) 716-2252
Parents of Children & Adolescents
Kenilworth Union Church - 211 Kenilworth Ave, Kenilworth
2nd Thursday of the month, 7:30-9 PM
Wilmette Public Library - 1242 Wilmette Ave, Wilmette
3rd Friday of the month, 9:30-11 AM

NAMI of Lake County - (847) 249-1515 - Parents of children
(0-18) with a Brain Disorder - Gracepoint Church 1221 W Maple
Ave (Rte 176) Mundelein - Last Thursday of the month, 7 PM

Support Groups for Consumers of Mental Health Services

City of Chicago-South

Metropolitan Family Services - 3062 E 91st St, Chicago
New Support Groups for Veterans - **Jean Xoubi (773) 371-2949**
Vet Voices - All veterans and military service members
2nd & 4th Tuesdays of the month, 6-7:30 PM
Women United - Female veterans and military service members
2nd Wednesday of the month, 6-7:30 PM

Suburban Groups-West

NAMI DeKalb, Kane-South & Kendall
Office (630) 896-6264 / Rich Salazar (815) 793-2789
Provena Mercy Behavioral Health Bldg (Voris Board Rm)
1330 N Lake St, Aurora - Fridays, 6 PM
Newman Catholic Student Center (Vaughn Room)
512 Normal Road, DeKalb - Wednesdays, 3:30 PM

NAMI of DuPage County - (630) 752-0066
Good Samaritan Hospital - North Pavilion, basement
3815 S Highland Ave, Downers Grove, Thursdays, 7-8:30 PM
Central DuPage Hospital - Behavioral Health Bldg, Rm 131
25 N Winfield Rd, Winfield - Wednesdays, 7-8:30 PM

NAMI Elk Grove/Schaumburg
Alexian Brothers Behav. Health - 1650 Moon Lake Blvd,
Hoffman Estates - **Carol (847) 352-6708** - Fridays 7-8:30 PM
Kenneth Young Center -1001 Rohlwing Rd, Elk Grove Village
Michelle (224) 653-9878 - Tuesdays, 7:30-9 PM

NAMI Kane County - (847) 426-4594 - Family & Consumer
Group - **Laurie (847) 695-7957** - Ecker Center 1845 Grandstand
Place, 3rd floor, Elgin - 2nd Saturday of the month, 9-11 AM

NAMI Metro Suburban (708) 524-2582 - 816 Harrison St.
Oak Park - Saturdays 1-2:30 PM, Tuesdays 7:30-9 PM
Drop-in Center - 3-7 PM every day except Sunday

NAMI Will County - (815) 731-9103 - Provena St. Joseph Med.
Ctr. 333 N Madison, Joliet - 3rd Sunday of the month, 6-7:30 PM

Suburban Groups-South

NAMI South Suburbs of Chicago
Marianne Bithos (708) 335-4008 - Thresholds South Suburbs
12145 S Western Ave, Blue Island - Wednesdays, 4:30-6 PM

NAMI Southwest - Lois (708) 425-0925
Sunshine Group (Social Group) - Oakview Center, 4625 W
110th St, Oak Lawn - 3rd Friday of the month, 6 PM

City of Chicago-North

***NAMI of Greater Chicago* - Betty (312) 563-0445**
1536 W Chicago Ave, 1st Floor, Chicago
English - 1st & 3rd Mondays of the month (usually)
2:30-4 PM - December 5th & 19th - January 2nd & 23rd
February 6th & 20th - March 5th & 19th - April 2nd & 16th
Español - Segundo y Cuarto Jueves del Mes, 6-8 PM
familias y pacientes serán reunidos: 8 & 22 de Diciembre
12 & 26 de Enero - 9 & 23 de Febrero - 8 & 22 de Marzo

Suburban Groups-North

NAMI Barrington Area - Nora (847) 899-6264
Northwest Community Hospital (MH Network Bldg, 2nd fl.)
901 W Kirchoff Rd, Arlington Heights - Thursdays 7-9 PM

NAMI Cook County North Suburban - (847) 716-2252
Beth Emet Synagogue
1224 Dempster St, Evanston - Mondays, 4-5:30 PM
Lutheran General Hospital, Room 1062
1775 Dempster St, Park Ridge - Saturdays, 4-5:30 PM
Social Group for Young Adults:
3rd or 4th Sunday of the month, 1 PM, call for location

NAMI of Lake County - (847) 249-1515
College of Lake County - 19351 W Washington, Rm D209,
D Wing, Grayslake - Wednesdays, 6 PM
Lake County Health Dept. - 3002 Grand Ave, ATP entrance
Great Rm, Waukegan - 2nd & 4th Friday of the month, 7 PM

NAMI of McHenry County (815) 344-8300
4100 Veterans Pkwy. McHenry - Mondays 2-3:30 PM

Various Locations

Abraham Low Self-Help Systems
(312) 337-5661 / www.lowselfhelpsystems.org
Call or visit web to find your neighborhood group meetings

Depression & Bipolar Support Alliance of Greater Chicago
(DBSA) (773) 465-3280 / www.dbsa-gc.org
Call to find - Consumer Support Groups, Family Support
Groups, and Educational Meetings
Locations in Chicago (Rogers Park & Northwestern Memorial
Hospital), Palatine & Evanston

Grow Support Groups - (888) 741-GROW (888-741-4769)
www.growinamerica.org - Groups in city & suburbs. Call to find.

Substance Abuse Support Groups

Alcoholics Anonymous - Chicago Area Service Office
(312) 346-1475 / www.chicagoaa.org

Al-Anon/Alateen - Groups for families & friends of alcoholics
(888) 425-2666 / www.niafg.org

Lutheran Social Services of Illinois - (773) 637-0487
5825 W Belmont Ave, Chicago - Outpatient Drug & Alcohol

Narcotics Anonymous - www.chicagona.org
English: (708) 848-4884 / Español: (708) 848-5194

Chicago Area Family Support Groups

City of Chicago-South

Community Mental Health Council - (773) 734-4033
Luberta Conner Livingston & Denise White (773) 978-0725
Trinity United Church of Christ - 400 W 95th St, Chicago
3rd Tuesday of the month, 6:30 PM

Metropolitan Family Services - 3062 E 91st St, Chicago
Family and Friends of Adults with Mental Illness - **Anne Hollister** (773) 371-2927 - 1st Wednesday of the month, 6:30-7:30 PM
Family Connect for Military Family Members - **Jean Xoubi** (773) 371-2949 - 1st Wednesday of the month, 6-7:30 PM

Suburban Groups-South

NAMI South Suburbs of Chicago
Marianne Bithos (708) 335-4008 - St. Julie Church
7399 159th St, Tinley Park - 3rd Tuesday of the month, 7 PM

NAMI Southwest - Lois (708) 425-0925
Reach Anonymous - Pilgrim Faith United Church of Christ
9411 S 51st Ave, Oak Lawn - 1st Tuesday of the month, 7:45 PM

Suburban Groups-North

NAMI Barrington Area - **Frank** (847) 899-6264
Northwest Community Hospital (MH Network Bldg, 2nd fl.)
901 W Kirchoff Rd, Arlington Heights - Thursdays 7-9 PM
Lake Villa Assessor's Office - 37850 N Route 59, Lake Villa
Toni (847) 804-2088 (call after 5 PM, weeknights)
3rd Tuesday of the month, 7-8:30 PM
Spouses / significant others of loved ones w/ mental illness
Call: (847) 496-1415 - 1st Monday of the month, 6:30-8:30 PM

NAMI Cook County North Suburban - (847) 716-2252
Skokie Hospital - Kenton Knox Conference Center
9701 N Knox Ave, Skokie - 1st Monday of the month, 7-8:30 PM
Nesset Center - 1775 Ballard Rd, Park Ridge
3rd Tuesday of the month, 7-8:30 PM
St. Francis Hospital - 355 Ridge Ave, Evanston
4th Saturday of the month, 9-10:30 AM (Begins January)
Highland Park Hospital - 777 Park Ave West, Rm 1A, Highland Park
- 2nd Thursday of the month 7-8:30 PM (Begins February)

NAMI of Lake County - (847) 249-1515 - Gurnee Village Hall
325 N O'Plaine Rd, Gurnee - 2nd Tuesday of the month, 7 PM

NAMI of McHenry County - (815) 344-8300
McHenry County Mental Health Board - 620 Dakota St,
Crystal Lake - 3rd Thursday of the month, 7-9 PM
5320 W Elm, McHenry - 1st Thursday of the month, 7-9 PM
Contact office for times/locations of other support groups

NAMI Northwest Suburban - (847) 899-0195
Alexian Center for Mental Health - 3350 Salt Creek Ln, Ste 114,
Arlington Heights - 3rd Wednesday of the month, 7-8:30 PM
(Address change in February: 3436 N Kennicott, Arlington Hgts)

City of Chicago-North

NAMI of Greater Chicago - (312) 563-0445
1536 W Chicago Ave, 1st Floor, Chicago
English - 2nd Wednesday of each month, 7-9 PM
December 14 - January 11 - February 8 - March 14 - April 11
Español - Segundo y Cuarto Jueves del Mes, 6-8 PM
familias y pacientes serán reunidos: 8 & 22 de Diciembre
12 & 26 de Enero - 9 & 23 de Febrero - 8 & 22 de Marzo

Thresholds Family & Friends Support Group
Tom Kinley (773) 537-3650 - Dincin Center for Recovery
2700 N Lakeview Ave, Chicago
Thursdays (except holidays) - Drop-in b/w 7-10 PM

Suburban Groups-West

NAMI DeKalb, Kane-South & Kendall - (630) 896-6264
Provena Mercy Hospital (McDermott Rm/Lower Level)
1325 N Highland Ave, Aurora - **Buzz Hays** (630) 761-6971
3rd Tuesday of the month, 7-8:30 PM
Congregational United Church of Christ - 40W451 Fox Mill Blvd,
St. Charles - **Lynette Niequist** (630) 584-7481
1st Thursday of the month, 7-8:30 PM

NAMI of DuPage County - (630) 752-0066 ext. 210
2100 Manchester Rd, Bldg B, Ste 925, Wheaton
2nd & 4th Tuesdays of the month, 7-8:30 PM
Good Samaritan Hospital - **Patty** (630) 275-6264
3815 S Highland Ave, N Pavilion Rm 208, Downers Grove
1st and 3rd Tuesdays of the month, 7-8:30 PM
St. Thomas the Apostle Church - 1500 Brookdale Rd,
Naperville - 1st & 3rd Mondays of the month, 7-8:30 PM
Elmhurst Hospital, Board Rm (by cafeteria), 200 Berteau,
Elmhurst - 2nd & 4th Thursdays of the month, 7-8:30 PM
En Español - Trinity Lutheran Church, 1101 Kimberly Way (Rte
53) Rm 200, Lisle - **Primero** Jueves del Mes, 7-8:30 PM
Glen Oaks Hospital, 701 Winthrop Ave, Glendale Heights
Cuarto Miércoles del Mes, 7-8:30 PM

NAMI Elk Grove/Schaumburg - (630) 302-2530
Kenneth Young Center- 1001 Rohlwing Rd, Elk Grove Village
(630) 363-1846 - 2nd Thursday of the month, 6:45-8 PM
Alexian Brothers Behavioral Health - (847) 352-6708
1650 Moonlake Blvd, Hoffman Estates - Fridays, 7-8:30 PM

NAMI Kane County - (847) 426-4594 / **Laurie** (847) 695-7957
Provena St. Joseph Hospital - 77 N Airlite St, Elgin (St. Mary
Rm/Lower Level) - 2nd Tuesday of the month, 6:30-8 PM
Ecker Center - 1845 Grandstand Place, 3rd floor, Elgin
2nd Saturday of the month, 9-11 AM

NAMI Metro Suburban - **Eunice** (708) 383-2274
Group is looking for a new location - call for more information

NAMI Will County - (815) 731-9103 - Provena St. Joseph Med.
Ctr. 333 N Madison, Joliet - 3rd Sunday of the month, 6-7:30 PM