

# Recovery-Focused and Family Support Groups

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

## NAMI CHICAGO



Mental health  
advocacy, education  
and support.

1801 W Warner Ave Suite 202, Chicago, IL 60613  
312.563.0445

**Social Support Group (Recovery-Focused) - English** 1 - 2:30 pm  
*1st & 3rd Wednesday of each month*

October 3 & 17, November 7 & 21, December 5 & 19

**Family Support Group - English** 6:30 - 8 pm  
*2nd Tuesday of each month*

October 9, November 13, December 11

**Español -Grupo de Apoyo para Familias y Personas en  
Recuperación (Family & Recovery Group in Spanish)** 6 - 8 pm  
*2º y 4º Jueves del Mes / 2nd & 4th Thursday of each month*  
11 & 25 de octubre, 8 de noviembre, 13 de diciembre

## CITY OF CHICAGO

### SOUTH SIDE

#### Mercy Hospital

Family - *1st Saturday of the month*  
10:30 am to 12 pm - 312.563.0445  
2525 S. Michigan Ave - Room 447

#### Mercy Hospital

Recovery - *1st & 3rd Thursday of the month*  
2 pm to 3:30 pm - 312.563.0445  
2525 S. Michigan Ave - Room 425

#### Saint Anthony Hospital - Spanish language

Family & Recovery - *en español*  
*3rd Saturday of the month*  
10 am to 12 pm - 312.563.0445  
Community Wellness Program  
2826 W. Cermak Road

### SOUTH SIDE cont.

#### Oakdale Covenant Church

Family - *2nd Tues of the month*  
Nona Manns: 773.987.2070  
9440 S. Vincennes Ave.

#### Trinity United Church of Christ

Family - *3rd Tuesday of the month*  
Dr Francine Bellamy:  
773.771.9624  
400 W. 95th St.

## VARIOUS LOCATIONS

#### Depression & Bipolar Support Alliance

800.826.3632  
www.dbsalliance.org  
Recovery, Dual Diagnosis,  
GLBT & Allies, Family, Parents of  
Youth, & Veteran Groups in the  
city & suburbs, and an online  
Recovery Group. Find local  
chapters and group information  
on the DBSA national website.

#### GROW Support Groups

217.352.6989  
www.growinamerica.org  
Recovery Groups in the city  
& suburbs  
**Recovery International**  
312.337.5661  
or toll free: 866.221.0302  
www.recoveryinternational.org  
Weekly peer led Recovery Groups  
in the Greater Chicago Area.

## NAMI SUBURBAN GROUPS

#### NAMI Barrington Area 847.496.1415

- Recovery: Arlington Heights  
- Family: Arlington Hts & Lake Villa  
- Parents of Youth: Arlington Heights

#### NAMI Cook County North Suburban 847.716.2252

- Recovery: Evanston, Park Ridge, Mt. Prospect & Chicago  
- Family: Evanston, Highland Pk, Park Ridge, Skokie  
- Parents of Youth: Highland Park & Wilmette  
- *Balance for Success Group* in Winnetka - for those seeking to  
balance recovery from a mental illness with college or work life.

#### NAMI DeKalb, Kane-South & Kendall 630.896.6264

- Family: DeKalb, St. Charles

#### NAMI of DuPage County 630.752.0066

- Recovery: Downers Grove, Westmont & Wheaton  
- Family: Naperville, Oak Brook & Wheaton  
- Parents of Youth: Wheaton

#### NAMI Kane County North 847.695.7957

- Family: Elgin & St. Charles

#### NAMI of Lake County 847.249.1515

- Recovery: Waukegan  
- Family: Gurnee  
- Parents of Youth: Mundelein

#### NAMI of McHenry County 815.308.0851

- Recovery: Crystal Lake & Woodstock  
- Family: Crystal Lake & McHenry

#### NAMI Metro Suburban 708.524.2582

- Recovery: Oak Park  
- Family: Oak Park, La Grange  
Spanish language Group: Berwyn  
- Veteran Support Group: Hines

#### NAMI Northwest Suburban 847.899.0195

- Recovery & Family: Arlington Heights

#### NAMI Schaumburg Area 630.363.1846

- Recovery & Family: Elk Grove Village

#### NAMI Will-Grundy 815.731.9103

- Recovery: Joliet  
- Family: Bolingbrook, Joliet & Morris

## SUBSTANCE USE SUPPORT GROUPS

#### Al-Anon/Alateen 888.425.2666

www.niafg.org (northern IL)  
Support Groups for families & friends of alcoholics.

#### Alcoholics Anonymous Chicago Area Service Office 312.346.1475

www.chicagoaa.org

#### Families Anonymous 847.294.5877

familiesanonymous.org  
For families & friends of those with  
substance abuse disorders.

#### Narcotics Anonymous English: 708.848.4884

www.chicagona.org

Español: 708.848.5194