

# 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*  
April 3 & 17, May 1 & 15, June 5 & 19

**Family Support Group - English** 6:30 - 8 pm  
*2nd Tuesday of each month*  
April 9, May 14, June 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 de abril, 9 & 23 de mayo, 16 & 27 de junio

## 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 447

**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.

**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