

MAY

MENTAL HEALTH AWARENESS MONTH

SCAN HERE FOR MORE INFORMATION



*I'm claiming
today
to be a
good day.*



National Alliance on Mental Illness

DuPage

SCHEDULE OF WORKSHOPS

Stress Relief Teen Workshop

Downers Grove Public Library

Friday May 3 at 4PM

Mental Health & Asian Community

ZOOM

Thursday May 9 at 4PM

Anxiety & Depression Teen Workshop

ZOOM

Thursday May 9 at 6PM

Body Dysmorphia - Teen Workshop

ZOOM

Monday May 13 at 5PM

Mental Health Essentials

Roselle Library

Wednesday May 15 at 6:30PM

SSDI With Attorney Jeff Rabin

ZOOM

Thursday May 16 at 12PM

NAMI Family & Friends Seminar

ZOOM

Saturday May 18 at 10:30AM

Ending The Silence for Families

ZOOM

Tuesday May 21 at 7PM

Peer Talk

ZOOM

Wednesday May 22 at 7PM

Relationships - Teen Workshop

ZOOM

Wednesday May 22 at 4PM

Sharing Hope

ZOOM

Thursday May 23 at 7PM

Stress and Burnout Management

ZOOM

Tuesday May 28 at 4PM

Guardianship With Attorney Sue Cahalan

ZOOM

Wednesday May 29 at 12PM

Stress Relief Teen Workshop

ZOOM

Wednesday May 29 at 6PM

Special Needs Trusts with Attorney Sue

ZOOM

Thursday May 30 at 12PM

Open House

Community Center

Friday May 31 at 4PM

115 N County Farm Rd

Wheaton, IL 60187

630-752-0066

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