

Support Groups

Continuing care organizations hosted at EEHealth

Addiction Support Groups				
Alcoholics Anonymous (AA)	Every Saturday	8:15 - 9:15 am	Linden Oaks Naperville Outpatient Center, 1335 N. Mill St., Rm. 273, Naperville	Open meeting
	Every Monday	7:00 pm	Linden Oaks Plainfield Outpatient Center, 24600 W. 127th, Edward-Elmhurst Building B, Ste 330, Plainfield	Open meeting
AlAnon Group for Family and Friends of Alcoholics	Every Wednesday	7:15 - 8:15 pm	Linden Oaks Naperville Outpatient Center, 1335 N. Mill St., Ste. 200/Rm. 204, Naperville	Open meeting
NarAnon Group for Family and Friends of Addicts	Every Thursday	7:00 - 8:30 pm	Linden Oaks Naperville Outpatient Center, 1335 N. Mill St., Rm. 273, Naperville	Open meeting
Narcotics Anonymous (NA) Groups	1 st Monday of the month	7:30 - 8:30 pm	Linden Oaks Naperville Outpatient Center, 1335 N. Mill St., Rm. 273, Naperville	Open meeting
	2 nd , 3 rd , 4 th , 5 th Monday of the month	7:30 - 8:30 pm	Linden Oaks Naperville Outpatient Center, 1335 N. Mill St., Rm. 273, Naperville	Closed meeting
	Every Tuesday	7:00 - 8:00 pm	Linden Oaks Plainfield Outpatient Center, 24600 W. 127th, Edward-Elmhurst Building B, Ste 330, Plainfield	Closed meeting
	1 st & 3 rd Wednesday of the month	7:30 - 9:00 pm	Linden Oaks Naperville Outpatient Center, Rm. 273, 1335 N. Mill St., Naperville	Closed meeting
	2 nd & 4 th Wednesday of the month	7:30 - 9:00 pm	Linden Oaks Naperville Outpatient Center, Rm. 273, 1335 N. Mill St., Naperville	Open meeting
	Every Saturday	10:00 - 11:45 am	Linden Oaks Plainfield Outpatient Center, 24600 W. 127th, Edward-Elmhurst Building B, Ste 330, Plainfield	Open meeting
PATH for Family and Friends of Addicts	Every Wednesday	6:45 - 8:15 pm	Linden Oaks Plainfield Outpatient Center, 24600 W. 127th, Edward-Elmhurst Building B, Ste 330, Plainfield	Open meeting
Maternal and Post-partum Support Groups				
Nurturing Mom Groups (for anxiety and depression)	2 nd & 4 th Wednesday of each month	11:45 - 12:45 am	Our Saviour's Lutheran Church, 815 S Washington St, Naperville	Open meeting
	1 st & 3 rd Wednesday of the month	12:15 - 1:15 pm	Elmhurst Hospital, 155 E. Brush Hill Rd., Main Building, 3rd Floor Group Room, Elmhurst	Open meeting
Share	2 nd & 4 th Tuesday of the month	7:15 - 9:15 pm	Edward Hospital, Education Center Room 305	Open meeting
	1 st Tuesday of the month	7:00-9:00 pm	Elmhurst Hospital (E. Entrance), 155 E. Brush Hill Rd., Arboretum Conference Center (Lower Level) Birch Room, Elmhurst	Open meeting
Sharing HOPE	4 th Tuesday of the month	7:15 - 9:15 pm	Edward Hospital, Education Center Room 309	Open meeting
Eating Disorder Groups				
ANAD Recovery Group (National Association of Anorexia Nervosa and Associated Eating Disorders)	Every Monday	6:30 - 8:00 pm	Linden Oaks Naperville Outpatient Center, Ste. 200/Rm. 204, 1335 N. Mill St., Naperville	Closed meeting
Recovery Night (friends and family welcome)	1 st Monday of the month	6:30 - 8:00 pm	Linden Oaks Naperville Outpatient Center, Ste. 200/Rm. 204, 1335 N. Mill St., Naperville	Open meeting

Additional groups on the back

Closed meeting - These groups are ongoing and only open to individuals looking for support for this specific issue. These groups are not open to students looking for observation.

Open meeting - These groups are ongoing and open to anyone interested in learning more about the group.

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Other Groups				
Adults with Attention Deficit Disorder (ADD)	Every Tuesday	7:00 - 8:30 pm	Linden Oaks Naperville Outpatient Center, Ste. 200/Rm. 204, 1335 N. Mill St., Naperville	Closed meeting
Grief Groups	Every Thursday	7:00 - 8:30 pm	Edward- Elmhurst Education Center, 3rd Floor, 801 S. Washington St., Naperville	Closed meeting
NAMI Family & Friends Group (National Alliance on Mental Illness Group)	1 st & 3 rd Monday of the month	7:00 - 8:30 pm	Linden Oaks Naperville Outpatient Center, Ste. 202/Rm. 207	Closed meeting
NAMI Family & Friends Group- For Seniors (National Alliance on Mental Illness Group)	Every Tuesday	1:00 - 2:00 pm	Linden Oaks Naperville Outpatient Center, 1335 N. Mill St., Naperville	Open Meeting

Continuing care is key to long-term recovery. Below is a list of groups managed by external organizations and hosted at Linden Oaks. For information or to confirm meeting dates/times, contact the group directly.

Addiction Groups

- ▶ **AA (Alcoholics Anonymous)**- 12-step group for men and women with an alcohol problem. For more information, visit aa.org.
- ▶ **AlAnon Group for Family and Friends of Alcoholics**- 12-step group open to family, friends, and/or co-workers affected by another person's alcohol problem. For more information, visit al-anon.alateen.org.
- ▶ **NarAnon Group for Family and Friends of Addicts**- Open to family, friends, and/or co-workers who have been affected by another person's addiction problem. The group does not distinguish between or emphasize any particular type of addiction. For more information, visit nar-anon.org.
- ▶ **NA(Narcotics Anonymous)**- 12-step group for men and women with an addiction problem. The group does not distinguish between or emphasize any particular type of addiction. For more information, visit na.org.
- ▶ **PATH (Positive Acceptance Towards Healing) for Family and Friends of Addicts**- Provides support to parents and families who have a family member with an addiction.

Eating Disorder Groups

- ▶ **ANAD (National Association of Anorexia Nervosa and Associated Eating Disorders) Recovery Group**- Provides support to people with eating disorders and/or their family and friends. For more information, visit anad.org.
- ▶ **Recovery Night**- Provides support to individuals in recovery from an eating disorder. Participants listen to a recovery speaker. Friends and family are welcome.

Post Partum/Maternal Mental Health

- ▶ **Nurturing Mom Group**- Provides support to new parents experiencing post-partum depression and anxiety. For more information, visit: edward.org/postpartumdepression.
- ▶ **SHARE**- Provides support for parents who have lost a baby through miscarriage, ectopic pregnancy, stillbirth or early infant death. For more information, contact (630) 527-3263.
- ▶ **Sharing HOPE**- Provides support for couples who have experienced a miscarriage, ectopic pregnancy, stillbirth or neonatal death and are now pregnant or considering pregnancy. For more information, contact (630) 527-3263.

Other Groups

- ▶ **Adults with ADD (Attention Deficit Disorder)**- Provides education and support to adults with ADD and/or ADHD.
- ▶ **Grief Support Group**- Provides support to individuals dealing with grief after the loss of a loved one. For more information, call the Grief Hotline at (630) 527-5056.
- ▶ **NAMI (National Alliance on Mental Illness) Family and Friends Support Group**- Provides support, advocacy and education to improve the life of individuals with mental illnesses and their families. For more information, visit namidupage.org.
- ▶ **NAMI Family and Friends Support Group**- Provides for seniors with mental illnesses and their families. For more information, visit namidupage.org.