

# Support Groups

## Groups at Linden Oaks and EEHealth

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 SUPPORT GROUPS

#### Alcoholics Anonymous (AA)

- 12-step group for people with an alcohol abuse issue.
- For information or to confirm group, visit [aa.org](http://aa.org).

Every Saturday	8:15 - 9:15 am	Linden Oaks Outpatient Center, 1335 N. Mill St, Education Center, Naperville	Open meeting
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#### AlAnon Group for Family and Friends of Alcoholics

- 12-step group open to family members or friends affected by another person's alcohol abuse issue.
- For information or to confirm group, visit [al-anon.alateen.org](http://al-anon.alateen.org).

Every Wednesday	7:15 - 8:15 pm	Linden Oaks Outpatient Center, 1335 N. Mill St, Ste.200/Rm. 204, Naperville	Open meeting
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#### NarAnon Group for Family and Friends of Addicts

- For family members or friends who have been affected by another person's addiction (any type).
- For information or to confirm group, visit [nar-anon.org](http://nar-anon.org).

Every 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of the month	7:00 - 8:30 pm	Linden Oaks Outpatient Center, 1335 N. Mill St., Ste 200 Rm 2 Naperville	Open meeting
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#### Narcotics Anonymous (NA) Groups

- 12-step group for individuals with an addiction (any type).
- For information or to confirm group, visit [na.org](http://na.org).

Every Thursday	7:00 - 8:00 pm	Linden Oaks Outpatient Center, 1335 N. Mill St., Rm.273, Naperville	Closed meeting (Women only)
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#### Sex Addicts Anonymous (SAA)- Women only

- 12-step group for women with a sex addiction.
- For more information or to confirm group, visit [www.chicagoland saa.org](http://www.chicagoland saa.org) or [www.saa-recovery.org](http://www.saa-recovery.org).

Every Thursday	7:00 - 8:00 pm	Virtual Meeting- Visit <a href="http://saa-recovery.org/meetings">saa-recovery.org/meetings</a> . Search for this meeting to obtain access.	Closed meeting (Women only)
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#### SMART Recovery Meetings

- There is life beyond Addiction. SMART Recovery can help you get there.

Every Tuesday	7:00 pm	Linden Oaks Outpatient Center, 1335 N. Mill St, Education Center, Naperville	Open meeting (Adult Only)
Every Thursday	3:30 pm	Linden Oaks Outpatient Center, 1335 N. Mill St. Addiction Services Suite. Multipurpose Room	Open meeting (Adult Only)

#### Refuge Recovery Support Group

- Provide help from others in recovery and offers an ongoing support network for all who wish to pursue and maintain and maintain an addiction free life

Every Monday	3:30 pm	Linden Oaks Outpatient Center, 1335 N. Mill St, Education Center, Naperville	Open meeting (Adults Only)
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#### PATH for Family and Friends of Addicts

- Provides support to family members or friends who have a loved one with an addiction (any type).

Every Wednesday	6:45 - 8:15 pm	Virtual Meeting- Visit <a href="http://pathrecoveryfoundation.org">pathrecoveryfoundation.org</a> or PATH Facebook page to obtain access.	Open meeting
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### OTHER SUPPORT GROUPS

#### Adults with Attention Deficit Disorder (ADD)

- Provides education and support to adults with ADD and/or ADHD.

2nd and 4th Monday	7:00 - 8:30 pm	Linden Oaks Outpatient Center, Ste. 200/Rm. 204, 1335 N. Mill St., Naperville	Closed meeting
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#### Grief Group

- Provides support to individuals dealing with grief after the loss of a loved one.
- For information or to confirm group, email: [sam.jacob@eehealth.org](mailto:sam.jacob@eehealth.org)

Every Wednesday	10:00 - 11:30 am	Edward- Elmhurst Education Center, 3rd Floor, 801 S. Washington St., Naperville	Closed meeting
1st and 3rd Wednesday	6:30 - 8:00 pm	Elmhurst Hospital, 155 E. Brush Hill Rd., Elmhurst, IL 60126	Closed meeting

#### NAMI Family & Friends Group

##### (National Alliance on Mental Illness Group)

- Provides support, advocacy, and education to improve the life of individuals with mental illnesses and their families.
- For information or to confirm group, visit [namidupage.org](http://namidupage.org).

1st & 3rd Monday of the month	7:00 - 8:30 pm	Linden Oaks Outpatient Center, Ste. 202/Rm. 207, 1335 N. Mill St., Naperville	Closed meeting
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#### NAMI Family & Friends Group- For Seniors (National Alliance on Mental Illness Group)

- Provides for seniors with mental illnesses and their families.
- For more information, visit [namidupage.org](http://namidupage.org).

Every Tuesday	1:00 - 2:00 pm	Linden Oaks Outpatient Center, 1335 N. Mill St., Naperville	Open Meeting
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- **Closed meeting** - Groups are ongoing and only open to individuals looking for support for this specific issue and are NOT open to students looking for observation.
- **Open meeting** - Groups are ongoing and open to anyone interested in learning more about the group.

## EATING DISORDER SUPPORT GROUPS

### ANAD Recovery Group (National Assn. of Anorexia Nervosa and Associated Disorders)

- Provides support to people with eating disorders and/or their family members and friends.
- For information or to confirm group, visit [anad.org](http://anad.org).

Every Monday	6:30 - 8:00 pm	Linden Oaks Outpatient Center, Ste. 200/Rm. 204, 1335 N. Mill St., Naperville	Open meeting
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### Recovery Night

- Provides support to individuals in recovery from an eating disorder. Participants listen to a recovery speaker. Friends and family members are welcome.

1st Monday of the month	6:30 - 8:00 pm	Linden Oaks Outpatient Center, Ste. 200/Rm. 204, 1335 N. Mill St., Naperville	Open meeting
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## MATERNAL AND POST-PARTUM SUPPORT GROUPS

### Nurturing Mom Group

- Provides support to new parents experiencing post-partum depression and anxiety.
- For information or to confirm group, call 630-305-5086.

2nd & 4th Wednesday of the month	12 - 1 pm	In-person meeting: Edward Hospital and Elmhurst Hospital. Email <a href="mailto:susan.bard@eehealth.org">susan.bard@eehealth.org</a> for details	Open meeting
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Once per month	12 - 1 pm	In-person meeting: Edward Hospital and Elmhurst Hospital. Email <a href="mailto:susan.bard@eehealth.org">susan.bard@eehealth.org</a> for details	Open meeting
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### Cradle Talk/Mom and Baby Hour

- Educational/support meetings for new parents of infant's newborn to eight months old.
- For information or to confirm group, call 630-305-5086.

Mondays and Fridays	10 - 11 am	Virtual Meeting- Email <a href="mailto:susan.bard@eehealth.org">susan.bard@eehealth.org</a> to obtain access.	Open meeting
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Wednesday mornings	10 - 11 am	In-person meeting: Edward Hospital and Elmhurst Hospital. Email <a href="mailto:susan.bard@eehealth.org">susan.bard@eehealth.org</a> for details	
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### SHARE Group

- Provides support for parents who have lost a baby through miscarriage, ectopic pregnancy, stillbirth, or early infant death.
- For information or to confirm group, contact (630) 527-3263.

1st, 2nd, & 4th Tuesday of the month	8 - 9:30 pm	Virtual Meeting- Email <a href="mailto:susan.villa@eehealth.org">susan.villa@eehealth.org</a> to obtain access.	Open meeting
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### 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.

2nd & 4th Thursday of the month	8 - 9:30 pm	Virtual Meeting- Email <a href="mailto:susan.villa@eehealth.org">susan.villa@eehealth.org</a> to obtain access.	Open meeting
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## LGBTQ+ SUPPORT GROUPS

### LGBTQ+ Support Group

- This support group provides a safe space for LGBTQ+ individuals to interact with peers and feel less alone and more understood.

Every Thursday	4:00 – 5:00 pm	Linden Oaks Outpatient Center, 9697 W. 191 <sup>st</sup> ., Mokena	Open meeting (Adults Only)
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- **Closed meeting** - Groups are ongoing and only open to individuals looking for support for this specific issue and are NOT open to students looking for observation.
- **Open meeting** - Groups are ongoing and open to anyone interested in learning more about the group.