MHAM 2025

Mental Health Awareness Month

Join us for a month of workshops covering topics on mental health

May 6 - Peer Talk - Virtual @ 2:00-3:00PM

May 7 - Empathizing with our Teens (for families/caregivers)- Virtual @ 6:00-7:00PM

May 14 - Relationships Teen Workshop - Virtual @5:00-6:00PM

May 19 - Balancing it All: Mental Wellness Strategies for Women - Virtual @5:00-6:00PM

May 20 - Mental & Physical Wellbeing - Virtual @12:00-1:00PM

May 20 - Stress & Burnout Management- virtual @6:00-7:00PM

May 21 - Nervous Sweats: Social Anxiety (for teens) -Virtual @4:30-5:30PM

May 21 - Guardianship & SSDI Workshop - In-Person @ 7:00-9:00PM

May 28 - How To Help A Friend Teen Workshop - Virtual @ 5:00-6:00PM

Register for Workshops

Join us at our open house May 30th from 4-7PM at NAMI DuPage

Open House Registration