



DROP-IN HOURS: MONDAYS AND
WEDNESDAYS 11:30-1:30PM

FAMILY WALK-IN SUPPORT

A Calm Space for Families in Crisis

Caring for a loved one with mental health challenges can be overwhelming. **Family Walk-In Support** offers a peaceful, non-clinical space where you can pause, breathe, and talk with trained family peer specialists who have walked similar paths and truly understand.

Who It's For:

- Family, or other caregivers of someone living with a mental health condition
- Family members experiencing emotional distress due to their caregiving role
- Those seeking tools, hope, and community—not clinical intervention

What You Can Expect:

- A safe, judgment-free space to talk
- One-on-one support from trained family peer staff
- Resources tailored to your family's needs
- Help creating a plan for navigating difficult situations

**FAMILY WALK-IN SUPPORT HELPS REDUCE STRESS AND
PREVENT CRISIS—BECAUSE FAMILIES NEED CARE TOO.**



115 N COUNTY FARM RD. WHEATON, IL 60187