

DROP IN CENTER

The Drop In Center provides individuals who have mental health needs an opportunity to spend leisure time in a friendly, relaxed atmosphere.

Family members are welcome to attend. The activities are designed to enhance relationships between peers and family members.

Program Information

The Drop In Center is located at the Westmont Community Center, 75 East Richmond Avenue, in Westmont.

The program is free for all who attend.

Staff and volunteers are available to give you a warm welcome, introduce you, and show you around. Individuals may choose to stop by for a few minutes or stay the entire time.

The program begins at 2 p.m. and ends at 4 p.m. Although participation is encouraged, all activities are optional.

For community trips, please register with the program supervisor on the date preceding the activity. Participants are required to pay admission and any other expenses during the trip. Please call SEASPAR at 630.960.7600 with any questions.

2018 Schedule

Date	Activity	Date	Activity
Jan. 21	Movie Out	July 22	BBQ
Feb. 18	Members Cook	Aug. 19	Board Games
Mar. 18	Brookfield Zoo	Sep. 23	Members' Choice
Apr. 22	Bowling at Suburbanite	Oct. 21	Ornament Making
May 20	Morton Arboretum	Nov. 18	Holly Days Tree Decoration
Jun. 24	Members Cook	Dec. 16	Movie Out

Supporting the Drop In Center

As the Drop In Center is free for participants, donations are welcome and are accepted at the Drop In Center or SEASPAR, 4500 Belmont Road, Downers Grove.

Volunteers lead activities and socialize with all who attend. If you are interested in becoming a volunteer, please contact SEASPAR at 630.960.7600.

Presented by



SEASPAR provides recreational programs and services for people with disabilities in Brookfield, Clarendon Hills, Darien, Downers Grove, Indian Head Park, La Grange, La Grange Park, Lemont, Lisle, Western Springs, Westmont, and Woodridge.

For more information, call 630.960.7600 or visit SEASPAR.org.

Program Coordinator:
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The DuPage County Health Department promotes physical and emotional health; prevents illness, injury, and disability; protects health from environmental risk factors; and strives to assure the provision of accessible, quality service to residents of DuPage County.

For more information, call 630.682.7400 or visit DuPageHealth.org.



NAMI DuPage (National Alliance on Mental Illness) provides support, advocacy, and education in order to improve the quality of life of individuals with mental illness and their families.

For more information, call 630.752.0066 or visit NAMIDuPage.org.