



NAMI Seattle Support Groups

Updated November 2018

Interested in becoming a support group facilitator? Upcoming training information at: tinyurl.com/namiwatrainings

All NAMI groups are free, drop-in, and peer-led • NAMI groups are not open to observers • It is recommended (though not required) to contact groups before the first time you attend in case of last-minute changes or cancellations • See reverse for other Seattle support groups

RECOVERY GROUPS

Every Monday—Bipolar Support Group, 6-8pm. Open to family/caregivers as well as individuals with Bipolar. Virginia Mason Conference Center, 925 Seneca, Cafeteria Conference Room Correa A. Text (971) 808-1481 or email gspbmeetup@gmail.com. **CE**

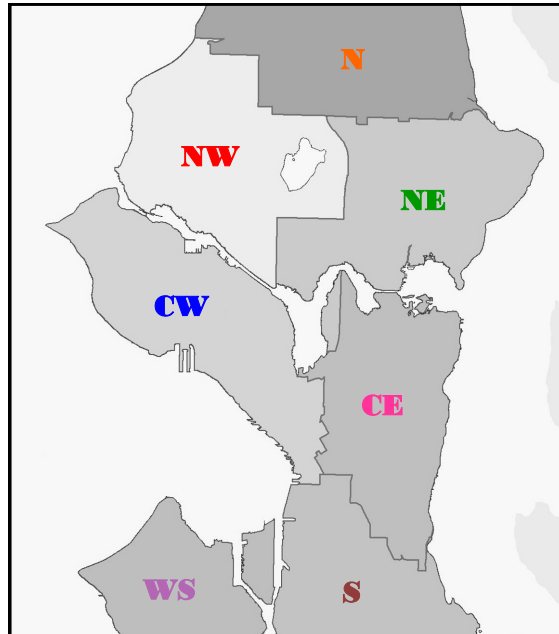
Every Wednesday—Self-Help Group, 10:30am-Noon. Open to family/friends as well as individuals with mental health conditions. NAMI Seattle office. **NW**

1st & 3rd Wednesday—Bipolar Support Group, 7-9pm. Open to individuals with Bipolar. NAMI Seattle office. **NW**

2nd & 4th Wednesday—Mental Health Game Planning, 6pm. Tips on self-care, building support & goal setting plus social skills. NAMI Seattle office. Contact (206) 402-7938. **NW**

Every Friday—Appreciative Living Learning Circle, 6-8pm, dinner at 5:30pm. For young adults (18-35) who have experienced psychosis. Broadview neighborhood. Contact Trez (206) 930-2739. **NW**

NAMI Seattle Support Group Locations



FAMILY/CAREGIVER GROUPS

Every Monday—Bipolar Support Group, 6-8pm. Open to family/caregivers as well as individuals with Bipolar. Virginia Mason Conference Center, 925 Seneca. Text (971) 808-1481 or email gspbmeetup@gmail.com. **CE**

1st & 3rd Tuesdays—Family & Caregiver Support Group, 7-8:30pm. UW Medical Center, 1959 NE Pacific St, Plaza Café, Rm A/B. Contact Trez at (206) 930-2739 to confirm before attending. **NE**

2nd Tuesday—Senior Parents of Adult Children Support Group, 10am-Noon. Crown Hill UMC, 8500 14th Ave NW. Contact Carin at (206) 230-0166. **NW**

Last Tuesday—Family-to-Family Graduate Support Group, 7-9pm. University Presbyterian Church, 4540 15th Ave NE, Room 345. Contact Paul (206) 526-8295 or Annie (206) 525-6402. **NE**

Every Wednesday—Self-Help Group, 10:30am-Noon. Open to family/friends as well as individuals with a mental health condition. NAMI Seattle office. **NW**

3rd Wednesday—Family Support Group, 7-8:30pm. Open to family members & caregivers of people with mental health conditions. Rainier Beach Presbyterian Church, 9656 Waters Ave S. **S**

Every Saturday—Family Support Group, 1:30-3pm. Harborview Medical Center, 325 Ninth Ave, 98104. On ground level, located in board room across from gift shop. **CE**

Last Saturday—Mindful Alternatives Group, 3pm. St. James Cathedral, 804 9th Ave. For parents of adults with profound mental illness. Contact mindfulalternative@gmail.com. **CE**

Other Seattle Mental Health Support Groups

Please note that while we try to keep this list as accurate as possible, these groups are not affiliated with NAMI Seattle and therefore some information may be out of date. Always call first to check, and please report changes or updates!

CENTRAL SEATTLE

2nd Thursday—Depression & Bipolar Support Alliance Patients & Family Group, 7-9pm. Harborview Research & Training Building (corner of 9th & Alder). Contact (206) 748-1577 or visit www.dbs2seattle.org

Every Saturday—Hearing Voices Support Group, Noon-1:30pm. For those who hear voices and have other mental health issues. Seattle Area Support Groups & Community Center, 115 15th Ave E, Ste 201. Contact (206) 322-2437 or visit seattleareasupportgroups.org

3rd Saturday—OCD/Hoarding Support Group, 10am-Noon followed by potluck. Friends/family welcome. Swedish Hospital First Hill. Contact (206) 781-5614 or prucich@juno.com. More at www.ocdseattle.org.

NORTH SEATTLE / UNIVERSITY DISTRICT

4th Monday—Family & Friends Support Group, 6:30-8:30pm. Shoreline Unitarian Universalist Church, 14724 1st Ave NE, Shoreline. Contact Barbara at (206) 367-9485.

Every Wednesday—Changes: Parent Support Network, 7-9:30pm, potluck on first Wednesdays 6pm. For parents of troubled youth. Discovery House, 4401 2nd Ave NE. Contact (888) 468-2620.

4th Thursday—Depression & Bipolar Support Alliance & Family Group, 7-9 pm. University Medical Center Cafeteria Conference Room. Contact (206) 748-1577.

SOUTH SEATTLE/SOUTH KING COUNTY

2nd & 4th Tuesday—NAMI South King County Family Support Group, 6:30-8pm. Alliance Center Conference Room, 515 W Harrison, Kent. Contact (253) 854-6264 or NAMIskc@qwestoffice.net

Every Thursday—NAMI Connections Consumer Support Group, 6:30-8pm. Alliance Center Conference Room, 515 W Harrison, Kent. Contact (206) 407-6202 or NAMIskc@qwestoffice.net

Vashon Island Help Line—For assistance or referrals contact Sally at (206) 463-2466.