



NAMI Seattle Support Groups

Updated June 2019

Interested in becoming a support group facilitator? Contact faarah@namiseattle.org to learn more about volunteering with NAMI!

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

GROUPS FOR PEOPLE LIVING WITH MENTAL ILLNESS

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, 7-8:30pm. Open to individuals with Bipolar. NAMI Seattle office. Call or text Nate (206) 369-2474. **NW**

Every Friday—Appreciative Living Learning Circle, 6-8pm, dinner at 5:30pm. Free social support group for participants age 18-35 with a mental health condition who have experienced psychosis or who have anxiety about social situations and would like to develop friendships in a safe environment. We ask that participants not use any alcohol or pot on evenings they attend to be supportive of others who are in recovery for addictions. We start at 5:30 with a meal, followed by an opportunity to engage in an activity that focuses on gratitude, positivity and social connection. We end the evening with an hour of games. Broadview neighborhood. Call/text Trez (206) 930-2739 for more information. **NW**

1st Saturday—Mental Health Game Planning, 11am-12pm. Tips on self-care, building support & goal setting plus social skills. NAMI Seattle office. Contact (206) 402-7938 to confirm before attending. **NW**

GROUPS FOR FAMILY MEMBERS & CAREGIVERS

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 Tuesday—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**

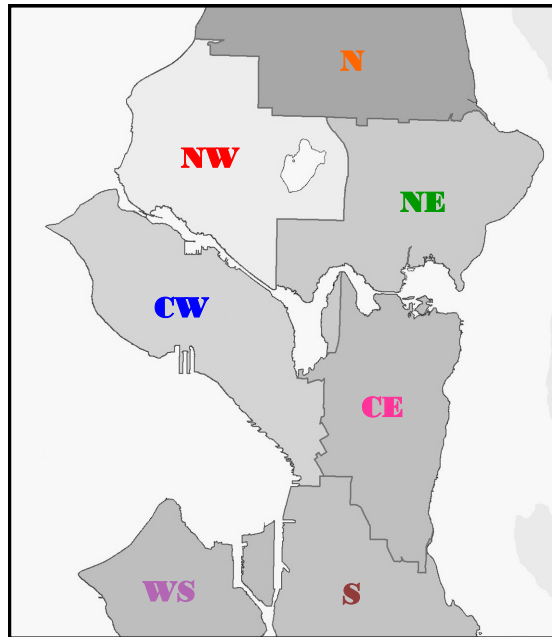
Last Tuesday—Family-to-Family Graduate Support Group, 7-9pm. University Presbyterian Church, 4540 15th Ave NE, Room 345. Contact Paul (206) 526-8295 or Annie (206) 525-6402. **NE**

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

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**

NAMI Seattle Support Group Locations



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

1st Tuesday—Eating Disorder Alumni/Community Support Group, 6-7pm. 901 Boren Ave. Contact Nica at Dominica.stepien@eatingrecovery.com

2nd Tuesday—Mood, Anxiety and Trauma Alumni/Community Support Group, 6-7pm. 901 Boren Ave. Contact Nica at Dominica.stepien@eatingrecovery.com

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. Peer Seattle, 1520 Bellevue Ave (between Pike & Pine). Contact (206) 322-2437 or visit peerseattle.org

3rd Saturday—OCD/Hoarding Support Group, 10am-Noon followed by potluck. Friends/family welcome. Swedish Hospital First Hill. Contact (206) 781-5614 or seattleocd@gmail.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.

Greater Seattle Area PTSD and Anxiety Meetup Group—more information at <https://www.meetup.com/PTSD-and-Anxiety-Support-Group-Network-Seattle/> For more information contact Mark at MustBHonest4me@msn.com

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

First Thursday—Vashon Island Family & Friends, 7pm. Vashon Presbyterian Church, 17708 Vashon Hwy SW. Contact Pastor Leigh Weber (425) 221-1142 or pastorleigh@comcast.net or contact Vashon Presbyterian Church (206) 463-2010.