



NAMI Seattle Support Groups

Updated September 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

* = Group is led by at least one facilitator who is trained and certified by NAMI

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. **CE**

* **2nd & 4th Tuesday (starting July 23, 2019)**—Support Group for Black, Indigenous & People of Color Living With Mental Health Conditions, 5:30-6:30pm. Open to anyone who identifies as a Black, Indigenous and/or person of color with a mental health condition (you do not need to have a formal diagnosis). Valley Cities Rainier Beach, 8444 Rainier Ave S, 98118. Email namipocpeergroup@gmail.com or text (206) 207-7765. **S**

* **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 want 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 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**

* = Group is led by at least one facilitator who is trained and certified by NAMI

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, Cafeteria Conference Room Correa A. **CE**

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

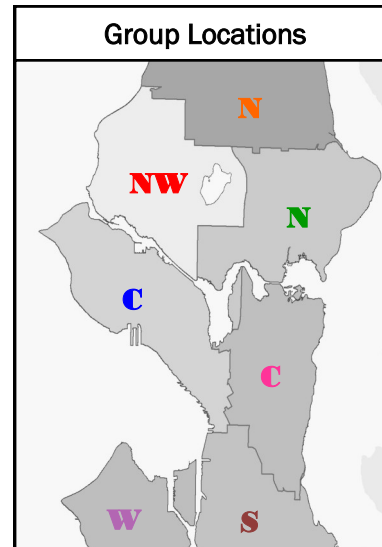
Last Tuesday—Family-to-Family Graduate Support Group, 7-9pm. University Presbyterian Church, 4540 15th Ave NE, Room 345. Contact Paul (206) 526-8295 or Annie (206) 525-6402. **NE**

* **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. Email mindfulalternative@gmail.com. **CE**

* **3rd Sunday**—Family & Caregiver Support Group, 7-8:30pm. Contact Trez at (206) 930-2739 to confirm before attending. NAMI Seattle office. **NW**



Other Seattle Mental Health Support Groups

Note: While we try to keep this list as accurate as possible, these groups are not affiliated with NAMI Seattle and some listings may be out of date. Always contact group to confirm details before attending, and please let us know about changes or updates!

CENTRAL SEATTLE

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

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

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. Call/text Barbara at (206) 510-5690.

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.