



# NAMI Seattle Support Groups

Updated February 2020

*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**

**\* Appreciative Living Learning Circle**— for Adults aged 21-40; Meets Fridays in North Seattle from 5:30-8 PM. This is a social support group for people who experience a mental health condition that causes them to isolate and/or have social anxiety. We strive to create a safe space where you can meet others who face similar situations and find a place to have fun! Please call or text Trez at 206-930-2739 for more information. **N**

**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. Greenwood Senior Center, 525 N 85th St, Seattle, WA 98103 . Contact Carin at (206) 230-0166. **NW**

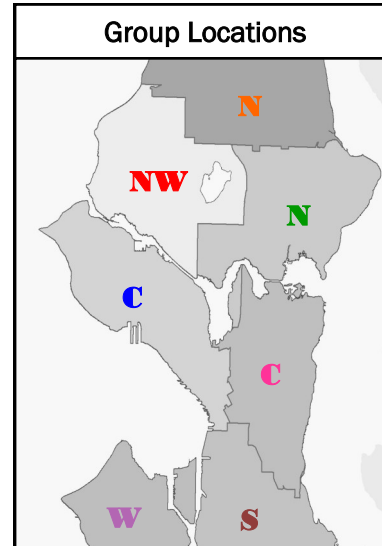
**Last Tuesday**—Family-to-Family Graduate Support Group, 7-9pm. University Presbyterian Church, 4540 15th Ave NE, Room 345. Contact Paul (206) 526-8295 or Annie (206) 525-6402. **NE**

**\* 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](mailto: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](mailto: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](http://peerseattle.org).

**1st Saturday**—OCD/Hoarding Support Group, 10am-Noon. Swedish Orthopedic Hospital. Contact (206) 781-5614 or [seattleocd@gmail.com](mailto:seattleocd@gmail.com). Details at [www.ocdseattle.org](http://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](mailto: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](mailto: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](mailto: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](mailto:pastorleigh@comcast.net) or contact Vashon Presbyterian Church (206) 463-2010.