



NAMI Seattle Support Groups— Online Meetings

Updated August 2020

We are not currently hosting in-person meetings in order to keep our community as safe and healthy as possible. Check back regularly to see if more groups have been added. All groups listed below will meet online until further notice.

BIPOC Support Group—Every Tuesday, 5:00-6:00pm. Open to Black, Indigenous and/or People of Color seeking peer mental health support.

Connections Support Group—Every Tuesday, 6:30-8:00pm. Open to anyone living with a mental health condition (no formal diagnosis required).

Family Support Group—Every Saturday, 1:30-3:00pm. (This group normally meets at Harborview Medical Center.) Open to anyone with a family member/loved one living with a mental health condition.

Family Support Group—3rd Sundays, 7:00-8:30pm. (This group normally meets at NAMI Seattle office.) Open to anyone with a family member/loved one living with a mental health condition.

Partners, Siblings & Friends Support Group—2nd & 4th Wednesdays, 6:30-8:00pm. For partners, siblings, and close friends of anyone living with a mental illness. We recognize that supporting people with mental illness in our same generation/peer group brings its own unique set of experiences, and this group offers a space to connect with each other.

To join a NAMI Seattle virtual support group:

namiseattle.org/covid-19/covid19-virtual-support-groups

Contact us with any questions:

Email info@namiseattle.org **Text** 206.207.7765 **Voicemail** 206.783.9264



Other Online Support Groups

The groups below are not led by NAMI-trained peer facilitators but are also available during this time:

Bipolar Support Group—Every Wednesday, 7:15pm. (This group normally meets at Virginia Mason.) To attend via Skype, join the Meetup group at www.meetup.com/namiseattlebp and send a message to the group's facilitator.

Family & Friends Support Group—1st Thursdays plus additional Thursdays as determined by group, 7:00-8:30pm. (This group normally meets at Vashon Presbyterian.) For meeting dates and how to join, contact Beverly at 206.354.8921.

Mindful Alternative—Last Saturdays, 3:00-5:00pm. For parents of adult children with profound mental illness. For more information visit mindfulalternative.org.