



NAMI Seattle Support Groups— Online Meetings

Updated February 2021

We are not currently hosting in-person meetings in order to keep our community as safe and healthy as possible. All groups listed below meet online via Zoom. You may join using an electronic device or by calling in via phone. Captioning available.

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 previously met at Harborview Medical Center.) Open to anyone with a family member/loved one living with a mental health condition.

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

LGBTQ+ Support Group—1st & 3rd Wednesdays, 6:30-8:00pm. This group is open to lesbian, gay, bisexual, transgender, and other queer-identifying and gender-nonconforming folx who want to explore the intersections of sexuality, gender, and mental health in a safe and welcoming space.

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 attend a group, visit namiseattle.org/get-support/#support_groups

For questions: info@namiseattle.org ▪ 425.298.5315 (text) ▪ 206.783.9264 (voicemail)



Other Local Online Support Groups

The groups below are not peer-led and/or not led by NAMI-trained facilitators

Anxiety Support Groups—Tuesdays at 3pm OR Thursdays at 7pm. To join, contact Cindy at presentforpeace@gmail.com or visit presentforpeace.com

Appreciative Living Learning Circle—Every Friday, 6:00pm. Social support group for young adults age 21-40 with mental health conditions. To learn more, register to attend, or be added to the ALLC email list, call Trez at (206) 930-2739 and leave a message.

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

Family & Friends Support Group—1st Thursdays plus additional Thursdays as determined by group, 7:00-8:30pm. (This group previously met 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.

Family & Friends Support Group—4th Mondays, 6:30-8:30pm. (This group previously met at Shoreline Unitarian Universalist Church.) To join, contact Barbara at 206.367.9485 or uubcornell@gmail.com

Senior Parents of Adult Children with Mental Illness—2nd Tuesdays, 10:00am-noon. To join, contact Carin Mack at 206.230.0166 or socialwkr@comcast.net