



# NAMI Seattle Support Groups

Updated August 2022

*All groups are free, peer-led, and drop-in. Groups currently meet online on Zoom. You may join using an electronic device or by calling in via phone. Captioning available by request. See reverse for other local support groups not organized by NAMI.*

**Bipolar Support Group**—Every Tuesday, 2:00-3:30pm. Open to anyone age 18 or older living with bipolar diagnosis.

**BIPOC Support Group**—Every Tuesday, 5:00-6:30pm. Open to Black, Indigenous and/or People of Color seeking peer mental health support. This group is a collaboration between NAMI Seattle and NAMI South King County.

**Connection Support Group**—2nd & 4th Tuesdays, 6:30-8:00pm. Open to anyone living with a mental health condition (no formal diagnosis required).

**ECT Support Group**—1st & 3rd Thursdays, 5:30-7:00pm. Open to anyone who has experienced electroconvulsive therapy, or who is considering ECT for themselves. This support group was developed in partnership with Swedish Medical Center.

**Family Support Group**—1st & 3rd Saturdays, 1:30-3:00pm. Open to anyone with a family member/loved one living with a mental health condition.

**LGBTQ+ Support Group**—1st & 3rd Thursdays, 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 health condition. 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 register on Zoom to attend a meeting, visit [namiseattle.org/get-support](https://namiseattle.org/get-support)**

For questions: [helpline@namiseattle.org](mailto:helpline@namiseattle.org) ▪ (425) 298-5315 (phone/text)

# Other Local Support Groups

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

\*\* = In-person meetings. All other groups currently meet online.

**Anxiety and Mindfulness Support Groups**—To learn more, contact Cindy at [presentforpeace@gmail.com](mailto:presentforpeace@gmail.com) or visit [presentforpeace.com](http://presentforpeace.com)

**Appreciative Living Learning Circle**—Every Friday, 6:00pm. Social support group for 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. To attend via Skype, join the Meetup group at [www.meetup.com/namiseattlebp](http://www.meetup.com/namiseattlebp) and send a message to the group facilitator.

**DBSA Greater Seattle Support Group**—2nd & 4th Thursdays, 7-9pm. Open to anyone experiencing depression and/or bipolar, as well as family and friends). For information on how to join contact David at [treasseadbsa@gmail.com](mailto:treasseadbsa@gmail.com) or call 206-748-1577.

**\*\*Family & Friends Support Group**—1st Thursdays plus additional Thursdays as determined by group, 7:00-8:30pm. Meetings take place at Vashon Presbyterian Church. For information on 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](http://mindfulalternative.org)

**\*\*Self-Help Group**—Every Thursday, 10:30am. Open to people living with mental health conditions and family members/caregivers. This group is led by a NAMI-trained facilitator and previously met at the NAMI Seattle office. Meetings take place at Emmanuel Presbyterian Church, 19540 104th Ave NE, Bothell. Masks strongly recommended. Contact NAMI Seattle with any questions.

**Senior Parents of Adult Children with Mental Illness**—2nd Tuesdays, 10:30am-noon. To join, contact Lisa Bakke at [lisab@phinneycenter.org](mailto:lisab@phinneycenter.org) or 425-416-0641.