



# NAMI Seattle Support Groups

Updated December 2016

**NOTE: All NAMI groups are free, drop-in, and peer-led • NAMI groups are not open to observers; attendees must be a member of the community indicated in the group description • It is highly recommended to call contact numbers first in case of changes or cancellations • Unless another number is provided, you may call the NAMI Seattle office at (206) 783-9264 • See reverse for other support groups throughout Seattle**

## RECOVERY GROUPS

**Every Monday**—Bipolar Support Group, 6-8pm. Open to family/caregivers as well as individuals with Bipolar. Virginia Mason Conference Center, 925 Seneca. **CE**

**Every Wednesday**—Self-Help Group, 10:30am-Noon. Open to family/friends as well as individuals with a mental health condition. NAMI Seattle office. **NW**

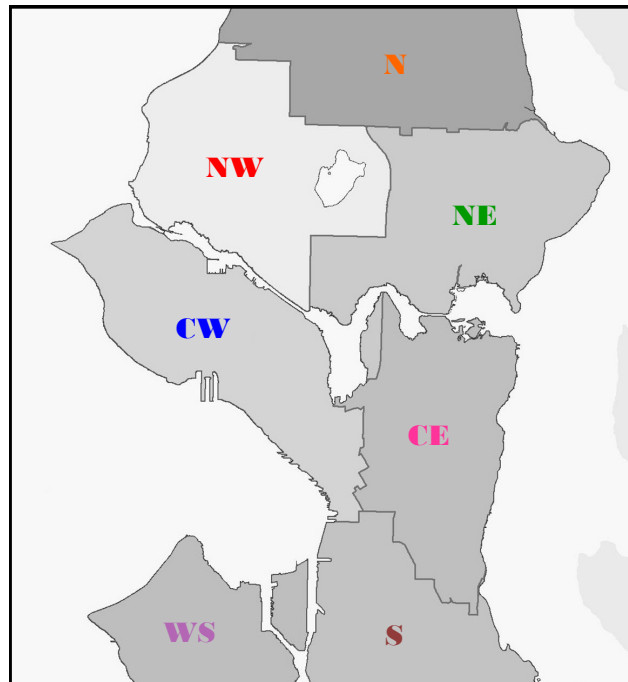
**1st & 3rd Wednesday**—Bipolar Support Group, 7-9pm. Open to individuals with Bipolar. NAMI Seattle office. **NW**

**2nd & 4th Wednesday**—Schizophrenia & Schizoaffective Support Group, 6pm. Family/friends welcome. NAMI Seattle office. Contact Robert (206) 379-6866. **NW**

**Last Thursday**—Crochet & Knitting Group, 7-9pm. Bring your fiber arts projects; focus is on building support & community. NAMI Seattle office. **NW**

**Every Friday**—Appreciative Living Circle, 6-8pm, dinner at 5:30pm. For young adults (ages 18-35) who have experienced psychosis. Location varies. Contact Trez (206) 930-2739. **NW**

## NAMI Seattle Support Group Locations



## FAMILY/CAREGIVER GROUPS

**Every Monday**—Bipolar Support Group, 6-8pm. Open to family/caregivers as well as individuals with Bipolar. Virginia Mason Conference Center, 925 Seneca. **CE**

**1st Tuesday & 3rd Thursday**—Family & Caregiver Support Group, 7-8:30pm. UW Medical Center, 1959 NE Pacific St, 1st Floor, Rm A/B by the Plaza Café. Contact Trez at (206) 930-2739 if you plan to attend. **NE**

**2nd Tuesday**—Senior Parents of Adult Children 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 a mental health condition. NAMI Seattle office. **NW**

**2nd & 4th Wednesday**—Schizophrenia & Schizoaffective Support Group, 6pm. Family/friends welcome. NAMI Seattle office. Contact Robert (206) 379-6866. **NW**

**Last Thursday**—Crochet & Knitting Group, 7-9pm. Bring your fiber arts projects; focus is on support & community. NAMI Seattle office. **NW**

**1st Friday**—Appreciative Parents Group, 6-8pm, dinner at 5:30pm. For parents of young adults (18-35) who have experienced psychosis. Broadview UCC, 325 N 125th St. Contact Katey (206) 669-3972. **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. Contact (206) 744-6907. **CE**

**Last Saturday**—Mindful Alternatives Group, 3pm. St. James Cathedral. For parents of adults with profound mental illness. Contact [mindfulalternative@gmail.com](mailto:mindfulalternative@gmail.com). **CE**

# Other Seattle Mental Health Support Groups

Please note that while we try to keep this list as accurate as possible, these groups are not affiliated with NAMI Seattle and therefore some information may be out of date. Always call first to check, and please report changes or updates!

## CENTRAL SEATTLE

**2nd Thursday**—Depression & Bipolar Support Alliance Patients & Family Group, 7-9pm. Harborview Research & Training Building (corner of 9th & Alder), Rm 121. Contact (206) 748-1577.

**2nd & 4th Saturday**—Hearing Voices Support Group, Noon-1:30pm. For those who hear voices and have other mental health issues. Seattle Area Support Groups & Community Center, 115 15th Ave E, Ste 201. Contact (206) 322-2437.

**3rd Saturday**—OCD/Hoarding Support Group, 10am-Noon followed by potluck. Friends/family welcome. Swedish Hospital First Hill. Contact (206) 781-5614 or prucich@juno.com. More at [www.ocdseattle.org](http://www.ocdseattle.org).

## UNIVERSITY DISTRICT

**First Monday**—Beautiful Minds Family Support Group, 7pm. For families coping with a serious mental illness of a loved one. University Presbyterian Church, Knox Parlor. Contact Terry (206) 915-3555.

**Every Wednesday**—Lifelines, 1-3pm. Spiritual journaling group for people with mental illness and their friends. University Presbyterian Church, 4540 15th Ave NE, Rm 345. Contact David (206) 524-7301 x215.

**4th Thursday**—Depression & Bipolar Support Alliance & Family Group, 7-9 pm. University Medical Center Cafeteria Conference Room. Contact (206) 748-1577.

**Every Friday**—Open Door Fellowship, 1-3pm. Spiritual support for people with mental illness. University Presbyterian Church, 4540 15th Ave NE, Rm 345. Exterior doors are locked; enter code 872872 in the keypad. Contact David (206) 524-7301 x215.

**Every Saturday**—Photography Group, 2-3pm. Location varies in Seattle. Contact Jon at (206) 533-2336.

**Every Saturday**—Drama Group, 10:30-11:30am, Market House Apartments, 1531 1st Ave, 98101. Contact Meg at (206) 525-0648.

## EASTSIDE

Please contact NAMI Eastside at (425) 885-6264 for information on Eastside support groups.

## SOUTH / SOUTHWEST

**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.

**Every Thursday**—NAMI Connections Consumer Support Group, 6:30-8pm. Alliance Center Conference Room, 515 W Harrison, Kent. Contact (206) 407-6202.

**Local Help Line**—Vashon Island. For assistance or referrals contact Sally at (206) 463-2466.

## NORTH END

**4th Monday**—Family & Friends Support Group, 6:30-8:30pm. Shoreline Unitarian Universalist Church, 14724 1st Ave NE, Shoreline. Contact Barbara at (206) 367-9485.

**2nd Thursday**—Family & Friends Support Group, 6:30-8pm. CPC Lake City, 11000 Lake City Way NE, on first floor. Entrance and parking lot at back of building, access from 110th St. Contact Kay at (206) 547-5809.

**Caregivers of Mentally Ill Parents**—New support group forming in the Northgate area. If you are interested or have questions, please contact Mark at [stmarkeye@yahoo.com](mailto:stmarkeye@yahoo.com).