

Important: Before attending a group, you should call the contact person to check on possible schedule or location changes and other relevant information.

**FREE SELF-HELP
SUPPORT GROUPS
May 2008**

National Alliance on Mental Illness (NAMI-GS)
802 NW 70th Street, Seattle, WA 98117
206-783-9264 / 800-782-9264
www.nami-greaterseattle.org

SUPPORT GROUPS IN KING COUNTY

CENTRAL SEATTLE

- 2nd Thur Depression and Bipolar Support Alliance Patients and Family Group, 7-9pm, Harborview Research and Training Building (corner of 9th and Alder), Rm 121 (206) 748-1577
- 3rd Sat Obsessive Compulsive Disorder Help Line, 10-Noon, Swedish Hospital, Level B, Market Café Alcove. Leave message (206) 781-5614 or prucich@juno.com
- 1st Sat Family Support, 10-Noon, Plymouth Congregational Church Lounge, 1217 6th Ave. Call Susan (206) 622-4865 to confirm
- Every Wed Depression and Bipolar Support Alliance, Consumers with Dual Diagnosis (Alcohol & Bipolar), 8pm Capitol Hill Alano Club, 19th & Madison, Downstairs in Rm 2-B. Please note: this is a 12-Step meeting. Call Brian S. (206) 422-4650 for more information.
- Every Sat NAMI-GS Family SG, 1:30-2:30pm, Patient and Family Resource Center, Ground Floor, East Hospital, Harborview Medical Center (206) 731-6907

EASTSIDE

- 2nd Mon Parents of Children with ADHD, 7-9pm, Mercer Island Fire Station, 30300 78th Ave SE, Mercer Island. Call (253) 759-5085
- 2nd Wed NAMI Eastside Family Group #1, 7:30pm, East Shore Unitarian Church, 12700 SE 32nd St, Bellevue (near Factoria), Rm 208, Call Jan (425) 747-6142 or Nicole (425) 443-7202
- 2nd & 4th Wed NAMI Eastside Mental Health & Spirituality (*open to all*), 7-8:30pm, St. Brendan's Catholic Church, 10051 NE 195th St, Bothell. John (425) 489-4084 or johnrad14@yahoo.com
- 1st & 3rd Wed NAMI Eastside CARE (Consumer Group), 7:00-8:30pm Crossroads Mall Community Room (near info desk) 15600 NE 8th St, Bellevue. Helen (425) 885-6264 / consumers@nami-eastside.org
- Last Mon Spanish Speaking Consumer/Family/Friends, 6:30-8:00pm, Sea Mar, Crossroads Medical Center, 1811 156th Ave. NE, Bellevue. Alba (425) 306-3681 or NAMI Eastside 425-885-6264.
- 3rd Thur NAMI Eastside Family Group #2, 7-8:30pm, St. Andrew's Church, 2650 148th Ave SE, Rm E-2, Bellevue. Contact Veda (425) 865-9839, Karin (206) 236-5247, or Lisa (206) 232-6946

NORTH END

- 2nd Tues Senior Parents of Adult Children, 10-Noon, Crown Hill United Methodist Church, 8500 14th Ave NW, Seattle. (206) 230-0166
- Every Wed NAMI-GS Self-Help Consumers, Families, Friends, 10:30-Noon, NAMI-GS Office. Contact Rachel (206) 783-9264
- 1st & 3rd Wed NAMI-GS Bipolar - Patients ONLY, 7-9pm, NAMI-GS Office. **5th Wednesdays are potluck!** Contact Noel (206) 784-1894
- Last Wed NAMI-GS Adult Children of a Parent with Mental Illness SG, 7-9pm, Bryant Elementary, 3311 NE 60th St, Seattle. Contact Tara (206) 730-6108
- Last Wed NAMI-GS Family-to-Family Graduates, 7-9pm, Bryant Elementary, 3311 NE 60th St, Seattle. Contact Paul (206) 526-8295 or Annie (206) 525-6402
- 2nd Thur NAMI-GS Peer-to-Peer Graduates, 6:30-7:30, NAMI-GS Office. Group cancelled, due to lack of attendance. P2P graduates who would like this group to resume, contact NAMI at (206) 783-9264
- 2nd Thur Family & Friend Support, 6:30-8:30pm, Community Psychiatric Clinic, 4120 Stone Way N. Contact Lou Cox (206) 461-3707
- 1st & 3rd Fri NAMI-GS Schizophrenia & Schizoaffective Consumer & Family, 3:30-5pm, NAMI-GS Office. (206) 783-9264

UNIVERSITY DISTRICT

- Every Wed Lifelines, a spiritual journaling group for people with mental illness and their friends, 1-3pm, University Presbyterian Church, Room 345. Contact (206) 524-7301 ext. 215 David Zucker
- 3rd Wed Adult ADD/ADHD Support, 7-9pm, UW Medical Center, 1959 NE Pacific St, Level 1, Plaza Café, Room B. www.addressresources.org
- 4th Thur Depression and Bipolar Support Alliance Patients & Family Group, 7-9pm, University Medical Center Cafeteria Conference Room. (206) 748-1577
- Every Fri Open Door Fellowship, spiritual support for people with mental illness, 1-3pm, University Presbyterian Church, Rm 345. (206) 524-7301 ext. 215 David Zucker
- Every Mon (not holidays) Friends & Family Support Group for those living with or supporting someone with an eating disorder. University Presbyterian Church, 7-8:30pm, except holidays. Contact Virginia 206-546-5639,

SOUTH / SOUTHWEST

- 4th Sun Spiritual SG, 4:30pm, St. Andrew Presbyterian Church, 3604 NE 10th Ct, Renton. (425) 226-5547
- 2nd Tues NAMI South King County Family SG, 6:30-8pm, The Alliance Center Conference Room, 515 W Harrison, Kent. (253) 854-6264
- 2nd Tues NAMI South King County Consumer SG, 6:30-8pm, The Alliance Center, upstairs, 515 W Harrison, Kent. (253) 854-6264

- 4th Tues NAMI South King County Combined Consumer & Family SG, 6:30-8pm, The Alliance Center Conference Room, 515 W Harrison, Kent. (253) 854-6264
- Every Wed Dream Catchers Consumer SG, 4-6pm, Valley Cities Counseling, 2704 "I" Street, Auburn. John (206) 870-6079
- Every Thur Dream Catchers Consumer SG, Noon-2pm, Valley Cities Counseling, 33301 First Way S, Suite C-115, Federal Way. (253) 661-0261 or Cindy (253) 874-1560
- 1st Thur NAMI-GS Family SG, 6:30-8:30pm, Office of Dr. Dan Wolf, 6537 35th Ave. SW Seattle. Contact Dorothy (206) 933-0630 **NEW LOCATION!**
- Help line NAMI-GS – Vashon Island. For assistance or referrals, contact Sally Knutson, 206-463-2466.

SUPPORT GROUPS IN OTHER COUNTIES

KITSAP COUNTY

- Every Mon Frenz Consumer SG, 1-2pm, Kitsap Mental Health Services, Hazelwood Room, 5455 Almira Dr NE, Bremerton. Call (360) 373-0122
- 2nd Mon Family Support, 7-8:30, Eagle Harbor Congregational Church, Corner of Winslow Way & Madison Ave N, Bainbridge Island. Contact Joan (206) 343-6033
- 3rd Tues NAMI of Kitsap County Family Support, 7pm, Kitsap Mental Health Services, 5455 Almira Dr NE, Bremerton. Call (360) 377-2910 or (360) 698-4668
- 3rd Thur Frenz Consumer Support, 1-2pm, Kitsap Mental Health Services, Crossroads (Fireside Room) 5455 Almira Dr NE, Bremerton. Call (360) 373-0122

PIERCE COUNTY

- 1st Mon Good Sam/WAMI Family Support, 7pm, Good Samaritan Behavioral Healthcare, 325 Pioneer Ave E, Puyallup. Call (253) 848-5571 or Bill Conn (253) 697-8494
- 3rd Mon Parents of Children with Attention Deficit Hyperactivity Disorder, 7-9pm, Jackson Hall, 314 Martin Luther King Way, Tacoma (253) 759-5085 or www.addressresources.org
- Every Tues Pierce County Family/Friends Bipolar Support, 7pm, TACID, 6315 S 19th, Tacoma. Call (253) 565-9000
- 1st Wed NAMI Pierce County holds free public meetings, 7-9pm, TACID, 6315 S 19th, Tacoma. Call (253) 565-9000
- 2nd Wed AADD SG, 7-9pm, Jackson Hall, 314 Martin Luther King Way, Tacoma. (253) 759-5085 or www.addressresources.org
- Every Thur Obsessive Compulsive Disorder SG, 6:30-8:30, Tacoma Community College, TACID, 6315 S. 19th St., Tacoma. (253) 565-9000 x20 or prucich@juno.com
- Every Fri Pierce County NA/AA group, 12-1pm, TACID, 6315 S 19th, Tacoma. Call (253) 565-9000
- Every Fri Bipolar Only, 6-8pm, TACID, 6315 S 19th, Tacoma. Call (253) 565-9000
- 3rd Sat NAMI Citizen's Guild of Western State Hospital-Educational Forum & Support, 12:30-3pm, Western State Hospital, South Activity Center. (360) 387-5705 or (253) 756-3931

SKAGIT COUNTY

- 4th Tues NAMI Skagit Open Problem Solving Group, 7-9pm, Skagit Valley Hospital, San Juan Room, 1415 E Kincaid, Mt. Vernon. Contact Marti Wall (360-424-7935
- 2nd Thur Skagit County Bipolar Support, 7-9pm, Skagit Valley Hosp., San Juan Room, 1415 E Kincaid, Mt. Vernon. Call (360) 424-4111 or (360) 629-4583 Patricia Little

ISLAND & SNOHOMISH COUNTIES

- 1st Mon Whidbey Island Support Group, Call for time and location. South: (360) 579-5744 or North: (360) 675-7358
- 3rd Mon NAMI North Sound Support Group, 6:30pm, United Methodist Church, 27128 102nd Dr NW, Stanwood. (360) 387-2519 or (360) 387-5705 Bonnie Boltz
- 2nd Tues South Whidbey Island Family Support, 6:30-8:30, Freeland Library, 5495 South Harbor Ave.
- 2nd & 4th Thur Depression and Bipolar Support Group, Snohomish County Administration Bldg, 3000 E Rockefeller Ave, 1st Floor Conf. Rm, 7-9pm. Call Karen (425) 299-5954.
- 4th Tues Consumer Only Support, 6:30-8:30pm, Compass Health, 7416 212th SW, Edmonds. Brandy (425) 835-5850
- 3rd Sat NAMI Snohomish County Family & Friends of Snohomish County Special Offenders Unit, 11:00am. Jim Bloss (425) 231-5186
- 2nd Tues Family Share – Everett, Compass Health, 3322 Broadway, Call Walter Temple (425) 349 6200
- 2nd Mon Survivors of Suicide, Bothell. For more information call Vicki (425) 487-3355