NAMI Connection Support Groups are for individuals 18 years or older who have experienced symptoms of a mental health condition.

NAMI Family Support Groups are for individuals 18 years or older who are family members, significant others and friends of people who live with mental health challenges.

NAMI Support Groups offer respect, understanding, encouragement and hope.

### NAMI Connection
**Meets Weekly Unless Noted**

<table>
<thead>
<tr>
<th>Day</th>
<th>Location</th>
</tr>
</thead>
</table>
| **Monday** | NAMI Broward  
NAMI Hernando  
NAMI Citrus  
NAMI Lee, Charlotte & Hendry  
NAMI Hillsborough  
NAMI Pasco  
NAMI Miami-Dade  
NAMI Pinellas |
| **Tuesday** | NAMI Broward  
NAMI Collier  
NAMI Greater Orlando  
NAMI Jacksonville  
NAMI Bay  
NAMI Okaloosa & Walton  
NAMI Pensacola  
NAMI Tallahassee  
NAMI Pinellas  
NAMI Volusia/Flagler/St. Johns  
NAMI Sarasota & Manatee |
| **Wednesday** | NAMI Broward  
NAMI Gainesville  
NAMI Hillsborough  
NAMI Pasco  
NAMI Hernando  
NAMI Palm Beach  
NAMI Martin  
NAMI Miami-Dade  
NAMI Jacksonville  
NAMI Bay  
NAMI Okaloosa & Walton  
NAMI Pensacola  
NAMI Tallahassee |
| **Thursday** | NAMI Broward  
NAMI Citrus  
NAMI Greater Orlando  
NAMI Sarasota & Manatee  
NAMI Citrus |
| **Friday** | NAMI Broward  
NAMI Hernando  
Young Adult 1st 2nd 3rd Fri  
Spanish – Every other Fri  
NAMI Palm Beach  
NAMI Miami-Dade |
| **Saturday** | NAMI Palm Beach  
NAMI Pasco  
NAMI Hillsborough  
NAMI Miami-Dade |

### NAMI Family Support Group

<table>
<thead>
<tr>
<th>Day</th>
<th>Weekly Location</th>
</tr>
</thead>
</table>
| **Monday** | NAMI Greater Orlando  
NAMI Jacksonville  |
| **Tuesday** | NAMI Broward  
NAMI Miami-Dade  
NAMI Volusia/Flagler/St. Johns  |
| **Wednesday** | 2nd, 3rd & 4th Mon  
NAMI Sarasota & Manatee  
NAMI Broward  
NAMI Gainesville |
| **Thursday** | 2nd & 4th Mon  
NAMI Martin |
| **Friday** | 1st & 3rd Mon  
NAMI Lee, Charlotte & Hendry  |
| **Saturday** | 2nd Tue  
NAMI Bay  
NAMI Okaloosa & Walton  
NAMI Pensacola  
NAMI Tallahassee |
<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Weekly</th>
<th>1st Wed</th>
<th>2nd &amp; 4th Wed</th>
<th>For Caregivers of Youth (English/Spanish)</th>
</tr>
</thead>
</table>
|           | NAMI Hernando  
NAMI Palm Beach | NAMI Sarasota & Manatee | NAMI Pinellas | NAMI Miami-Dade |
|           |        |         |               |                                           |
| Thursday | Weekly | 4th Thurs | 3rd Thurs | NAMI Sarasota & Manatee  
Spanish |
|           | NAMI Pinellas  
NAMI Citrus | NAMI Bay  
NAMI Okaloosa & Walton  
NAMI Pensacola  
NAMI Tallahassee | NAMI Miami-Dade |                                           |
| Saturday | 3rd Sat | 4th Sat | For Caregivers of Youth (English/Spanish) | NAMI Miami-Dade |
|           | NAMI Broward  
NAMI Hernando | NAMI Pinellas | NAMI Miami-Dade |                                           |

Note: NAMI Florida affiliates provide mutual support and education for those impacted by mental health conditions through peer support groups. The information and insight provided by group leaders and participants do not represent therapeutic recommendations and is not meant to be a substitute for the advice provided by a mental health provider or other qualified healthcare professional. NAMI Florida and affiliates take care to ensure participant safety and confidentiality. While attending support group meetings, group leaders will treat all participants with respect, listen without judgment and keep all personal sharing confidential. We will request you provide at least your first name, phone number, email address, and an emergency contact to register. This information will not be shared and will only be used in the event of a mental health crisis. If you have questions on Virtual Support Groups, please contact programs@namiflorida.org for more information.