

- 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

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	<u>Young Adult 1st 2nd 3rd Fri</u> NAMI Palm Beach	<u>Spanish – Every other Fri</u> NAMI Miami-Dade
Saturday	NAMI Palm Beach NAMI Hernando	NAMI Pasco NAMI Hillsborough	NAMI Miami-Dade

NAMI Family Support Group

<u>Monday</u>	<u>Weekly</u> NAMI Greater Orlando NAMI Jacksonville	<u>2nd & 4th Mon</u> NAMI Gainesville NAMI Sarasota & Manatee	<u>1st & 3rd Mon</u> NAMI Martin
<u>Tuesday</u>	<u>Weekly</u> NAMI Miami-Dade NAMI Volusia/Flagler/St. Johns	<u>1st & 3rd Tue</u> NAMI Lee, Charlotte & Hendry <u>1st & 2nd Tue</u> NAMI Broward	<u>2nd Tue</u> NAMI Bay NAMI Okaloosa & Walton NAMI Pensacola NAMI Tallahassee
<u>Wednesday</u>	<u>Weekly</u> NAMI Hernando NAMI Palm Beach	<u>1st Wed</u> NAMI Sarasota & Manatee <u>2nd & 4th Wed</u> NAMI Pinellas	<u>For Caregivers of Youth (English/Spanish)</u> NAMI Miami-Dade

Thursday	<u>Weekly</u> NAMI Pinellas NAMI Citrus	<u>4th Thurs</u> NAMI Bay NAMI Okaloosa & Walton NAMI Pensacola NAMI Tallahassee	<u>3^d Thurs</u> NAMI Sarasota & Manatee <u>Spanish</u> NAMI Miami-Dade
Saturday	<u>1st Sat</u> NAMI Broward <u>3^d Sat</u> NAMI Hernando	<u>4th Sat</u> NAMI Pinellas	<u>For Caregivers of Youth</u> <u>(English/Spanish)</u> 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.