

NAMI Connecticut AFFILIATE MEETINGS & SUPPORT GROUPS (As of 5-1-18)

Affiliates have many programs and activities that allow members to participate as much or as little as they like. Some sponsor regular, full affiliate meetings while others offer monthly support and/or education sessions. VISIT YOUR LOCAL AFFILIATE AND SEE WHAT YOU FIND!

Family & Friends Support Groups:

(Unless otherwise stated)

NAMI Elm City (Greater New Haven Area) Monthly Public Speakers: Sept-May

For more information call or text

Vicky (203) 215-1034

Kathryn (203) 687-8910

Hamden

The Whitney Center, North Wing
200 Leeder Hill Drive, N. Wing Parking Lot
3rd Thursday – 6:30-8:00pm

Laura (203) 676-8516 or Peter (203) 675-2432

Milford

Bridges Community Support
949 Bridgeport Ave. Milford
1st Tuesday – 6:00-7:30pm

*** Starting in June 2018, the support group will be meeting from 5:30 to 7:00 PM

Marie (203) 676-8049

NAMI Fairfield

Fairfield

First Congregational Church, 148 Beach Rd.
1st Wednesday, Speaker Meeting
(No speaker meetings in July & Aug)
3rd Wednesday, Support Group

Both Days 7:30 - 9:00pm
(203) 586-0826

NAMI Farmington Valley (FV)

Avon

Valley Community Baptist Church - Room 208
590 West Avon Rd., Route 167
3rd Monday – 7:00 – 8:30pm

Janet (860) 620-7717

Simsbury

No Meeting in Jan and Sept.

Simsbury Senior Center- Eno Memorial Hall
754 Hopmeadow Street, Simsbury
1st Monday – 7:00-8:30pm

Carmen (860) 803-4139 or Marisa (860) 299-5705

Windsor

First Church
107 Palisado Avenue. Windsor
4th Tuesday – 7:00-8:30pm

Gail (860) 637-2228 or Rose Anne (860) 948-8736

Windsor Locks

Stonebrook Village – Gathering Room
555 Old Country Road
2nd Sunday 2:00pm

Judy (860) 627-0489

NAMI Manchester

Manchester

Center Congregational Church, 11 Center St.
3rd Thursday - 7:00 - 8:30pm

Karen (860) 649-5659

East Hartford

Crossroads Community Cathedral,
366 Spencer St./Silver Lane
1st Thursday – 7:00-8:30pm

dayma436@gmail.com

NAMI Newington

Newington

Joseph Doyle Senior Ctr.
120 Cedar St.

2nd Thursday - 7:00 - 8:45pm

Michele (860) 205-9542

Bristol

Bristol Senior Center – Room 101
240 Stafford Ave.

Last Wednesday 7:00- 8:45pm

Michele (860) 205-9542

NAMI Shoreline

Madison

Madison Senior Center
29 Bradley Road, Madison, CT 06443
4th Wednesday – 7:00 to 8:30pm

Susan (203) 421-5563 or Wendy (203) 779-9686

Guilford

Nathaniel Green Community Center
32 Church Street, Guilford
2nd Tuesday – 7:00-8:30pm

Divinna (203) 876-0236

Sara scs4music@yahoo.com

NAMI Southeastern CT (S.E. CT)

Norwich

South Eastern Mental Health Authority
401 West Thames St., Bldg 301
1st & 3rd Wednesday - 7:00 - 9:00pm

Julie (860) 859-4658

Niantic

St Agnes Church Parish Hall
4th Monday 7:00-8:30pm

Joan (860) 739-8822 or Mary (860) 434-0737

NAMI Southwest CT (S.W. CT)

Greenwich

Greenwich Hospital, 5 Perryridge Road
Cafeteria Conf. Room, Ground Level
3rd Thursday 6:30-8pm

Claudia (203) 428-6864

New Canaan

Silver Hill Hospital, 208 Valley Road
East Campus, Jurgenson Bldg. Room 1
2nd Tuesday, 7:00-8:30pm

Lorraine (203) 858-1477

Ridgefield

Jesse Lee Memorial United Methodist
Church, 207 Main Street
2nd Thursday, 6:30-8:00pm

Marc (203) 940-2516

marcrabinowitz1@gmail.com or Sheryl (203) 470-1488

Stamford I

Tully Health Ctr, 32 Strawberry Hill Court
Conf. Rm. B, Stamford
1st Wednesday - 7:00 - 8:30pm

Lorraine (203) 858-1477

Stamford II

Stamford Hospital, Warner Building
West Broad Street. Conf. Rm. Across from
South One Psych Unit
3rd Wednesday - 6:15 - 7:45pm

Lorraine (203) 858-1477

Westport

St. Vincent's Behavioral Health Services
47 Long Lots Road, Board Rm. Lower Level
Last Tuesday, 6:30-8:00 p.m.

Jenna (203) 286-4697 or jrm6855@yahoo.com

NAMI Waterbury

Waterbury

Old Russell School, 969 West Main St.
4th Wednesday - 7:00 - 8:30pm

Beverly (860) 274-5841

Waterbury *You need to call and register in order to attend.

One Exchange Place, 4th Fl. 21 West Main St.
2nd Thursday – 6:30 – 8:00pm – Spanish
4th Thursday – 6:30-8:00pm - English
Brenda (203) 725-0062

Waterbury (Grupo de Apoyo en Español/ Support Group in Spanish)

Waterbury City Hall
235 Grand Street, Waterbury
2nd Wednesday - 6:00-7:30pm, 1/10/2018
Karime (203) 982-2540

Watertown (Spousal Support Group)

First Congregational Church, DeForrest St.
3rd Monday - 7:30 - 9:00pm
Bev (860) 274-5841

NAMI Windham County

Putnam

Congregational Church of Putnam
75 Main Street, Putnam (use the livery street parking lot behind the church and enter the door off of the parking lot)
2nd Monday – 6:30 – 8:30pm
Bill and Terri (860) 928-5947

Mansfield

Natchaug Hospital, 189 Storrs Rd. (Rte. 195)
2nd Monday 6:30-8:30pm
Dexter (860) 429-9844
Carol (860) 423-7601

NAMI Connecticut AFFILIATE MEETINGS & SUPPORT GROUPS (As of 5-1-18)

Other Family Support Groups (Not linked to an Affiliate)

<p><u>Cheshire</u> White Oak Baptist Church 120 Main Street, Cheshire 3rd Thursday, 7:00-8:30pm Begins Meeting: Thursday, April 19th 2018 Deb (475) 775-6196 or Laura lbcoffin77@gmail.com</p>	<p><u>Danbury</u> Unitarian Universalist Congregation 24 Clapboard Ridge Road, Danbury 1st and 3rd Tuesday, 7:00-8:00pm Gale (860) 350-4915 or rabbatnet@aol.com</p>	<p><u>Southington</u> First Congregational Church 37 Main Street, Southington, Rm. 206 2nd Wednesday - 7:00-8:30pm Mary (203) 213-6732 or Amy (860) 634-5458</p>
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NAMI-CAN Support Groups

(NAMI-CT Child and Adolescent Network offers support for families of children and adolescents with behavioral health concerns)

<p><u>Canton</u> (A program of NAMI FV) Canton Community Center, 40 Dyer Ave. 1st Monday 7:00pm- 8:30pm Grace (860) 693-9310 Jenn (860) 371-8111</p>	<p><u>New Canaan</u> (A program of NAMI Southwest) Silver Hill Hospital 208 Valley Rd. New Canaan 3rd Tuesdays, 7:00-8:30pm Karen (203) 984-8329 or Catherine (203) 673-2917</p>	
<p><u>Darien</u> (A program of NAMI Southwest) 1st Congregational Church, Library 14 Brookside Road, Darien 2nd Mondays, 6:30-8:00pm Karen (203) 984-8329 or Shelagh (203) 461-8582</p>	<p><u>Wilton</u> (A program of NAMI Southwest) Gilbert and Bennett Cultural Arts Center 49 New Street, Wilton 4th Monday 10:00am – 11:30am Beth (203) 984-0123; beth44es@gmail.com Vanessa (203) 970-4130; Eliassvanessa5@gmail.com</p>	

NAMI Connection Recovery Support Groups

(NAMI Connecticut Offers these peer-led support groups regardless of mental health diagnosis)

<p><u>Central Village</u> (Section of Plainfield) Jewett City Savings Bank, Conference Rm. 48 Norwich Rd. (Rte. 12) 1st & 3rd Thursday 6:30-8:00pm, Starts 2/4/16 Contacts: Liz (860)-917-5322, lizjacobs5@aol.com Don: recovery@namict.org</p>	<p><u>Norwalk – ON HOLD</u> HSC Community Services Building 1 Park Street, Norwalk (corner of Park St. and E. Wall St.) Meets in the First Floor Conference Room 6:00-7:30 PM, the 2nd and 4th Mondays of each month Contacts Don at (860) 882-0236; recovery@namict.org Parking: Enter on E. Wall St. If the lot is full, use lot at the funeral parlor next door</p>
<p><u>Danbury</u> Danbury Police Headquarters, 375 Main St. Training Rm – 1st floor lobby (next to elevator) Park & enter from the visitor lot in the back of the building 1st & 3rd Monday 6:30-8:00pm Contact; Don (860)-882-0236; recovery@namict.org</p>	<p><u>Torrington</u> Community Mental Health Affiliates Conference Room, 100 Commercial Blvd. 1st & 3rd Thursday, 10:30am-12pm Lynn (860) 482-8561 ext. 1766 Don (860) 882-0236; recovery@namict.org</p>
<p><u>New Haven</u> Connecticut Mental Health Ctr., 34 Park St. Meets in Room 133 on 1st floor. Ask security 2nd & 4th Wednesday, 6:30-8:00pm Allan (203) 496-0091; allangack@mac.com</p>	<p><u>Wallingford</u> Wallingford Parks & Recreation 6 Fairfield Blvd. 2nd & 4th Thursdays, 6:30-8:00pm Don (860) 882-0236; recovery@namict.org</p>
<p><u>New London</u> New London Public Library, 63 Huntington Street. Community Room in the Lower Level 2nd Wednesdays, 5:30-7:00pm Don (860)-882-0236, ext. 29; recovery@namict.org Parking: In the back of the building or on the street</p>	<p><u>West Hartford</u> (A program of NAMI FV) Covenant Congregational Church 1 Westminster Drive 1st & 3rd Tuesdays, 6:30-8:00pm OFF OF SEDGWICK ROAD. Use side rear entrance, go up the stairs and turn right. Don (860) 882-0236; recovery@namict.org</p>
<p><u>Mansfield Center</u> Natchaug Hospital, 189 Storrs Road 2nd & 4th Fridays, 6:30-8:00pm Don (860) 882-0236; recovery@namict.org</p>	<p><u>Willimantic</u> Lighthouse Clubhouse, 47 Arnold's Lane 2nd & 4th Wednesday, 2:00-3:30pm Don (860) 882-0236; recovery@namict.org</p>

NAMI Connecticut AFFILIATE MEETINGS & SUPPORT GROUPS (As of 5-1-18)

For Veterans Only

Newington

VA Connecticut Healthcare Center
555 Willard Avenue, Newington
Thursdays at 9:45 - 10:30 am in Room 322
Harold (860) 212-0233 or hgrimes921@yahoo.com

West Haven

VA Community Center
144-52 Boston Post Rd, Room R28, West Haven
Wednesdays at 11:30am
Allan (203) 496-0091; allangack@mac.com

*Be sure to check the NAMI Connection website for updated information on Connection groups in your area: www.nami.org/connection

For Young Adults (ages 18-29)

Hamden

Quinnipiac University - Currently enrolled students & faculty only
275 Mt. Carmel 1st
2/28 6:00pm – 7:00pm
Contact Peter (860) 970-4866

Middletown

CVH, Merritt Hall – For inpatient unit ONLY
2ND and 4th Wednesday, 1:15 – 2:00pm
Call, text or email Val (860) 788-5055

Manchester

MCC (Manchester Community College) - Currently enrolled students only
60 Bidwell Street, Manchester
Every Tuesday from 3:30-4:30
Contact: Brittany Brittanyvallison1211@gmail.com

New Britain

Central Connecticut State University
1615 Stanley Street, Student Center, contact Collin for room
Tuesdays 2:00pm-3:00pm
Contact Collin (860) 510-2109 or collinxschuster@gmail.com

Mansfield

Natchaug Hospital
189 Storrs Rd.
Every 1st & 3rd Fridays, 6:30 – 8:00pm
Contact Chelsea chelseam.klein@yahoo.com

West Hartford

West Farms Mall, Community Room
1st Saturday 11:00am – 12:00pm
Contact Kim (860) 560-6966
*Enter through California Pizza Kitchen. Take the elevator on the left up to the second floor, and security will lead you to the community room.

Middletown

Russell Library
123 Broad Street, contact Val for room information
Every Thursday, 6:15 – 8:00pm
Call, text or email Val (860) 788-5055

NAMI Connecticut Opioid Education Family & Peer Support Groups

Waterbury

Catholic Charities – 13 Wolcott Street.
Every Tuesday 5:45pm- 6:45pm
Paul (860) 882-8674

**Contact Mental Health Connecticut for more statewide support groups:*

www.mhconn.org;

1-800-842-1501 or (860) 529-1970, ext. 10.*