

Family Support Groups – Pages 2-3

Family support groups provide ongoing support for families and friends of persons living with a mental illness.

Partners & Spouses Support Group – Page 4

This group is for spouses, domestic partners, and people who share child-rearing responsibilities with a person who has mental illness.

Parent Resource Groups – Pages 4-5

NAMI Minnesota provides support groups to help parents discover resources to meet the challenges of raising a child with a mental illness, learn coping skills and develop problem solving skills. Each of the support groups are facilitated by a parent who has a child with a mental illness and who has received specialized training.

NAMI Connection – Pages 5-6

NAMI Connection is a support group for adults with a mental illness regardless of diagnosis. Groups are free and meet for 90 minutes. All groups are led by trained individuals who are also in recovery. No registration or enrollment required.

- LGBTQ Connection – Page 7

NAMI offers a support group for the LGBTQ (Lesbian, Gay, Bisexual, Transgender, Questioning/Queer) community. The support groups are a safe place to confront the challenges that many members of LGBTQ communities face such as social isolation, stigma, discrimination, low self-esteem, anxiety and depression.

- Young Adult NAMI Connection – Page 7

Young Adult NAMI Connection is a support group for young adults ages 16-20 or 18-30, depending on the group. Groups are facilitated by young adults who live with mental illnesses and are doing well in recovery.

NAMI Open Door Anxiety and Panic Support Groups – Page 8

NAMI Open Door support groups provide ongoing support for individuals with an anxiety or panic disorder and there is no cost to attend. The groups provide peer support, teach effective strategies in anxiety management and promote better understanding of anxiety disorders. The Open Door program is based on the book *Embracing the Fear, Learning to Manage Anxiety and Panic Attacks* by Judith Bemis and Amr Barrada. All meetings are facilitated by people who have had an anxiety disorder and are now recovered or recovering.

NAMI Minnesota Dual Diagnosis Support Group – Page 8

NAMI Minnesota has a peer-led dual diagnosis support group for adults living with both a mental illness and an substance use disorder such as chemical dependency. The support group meets weekly for 90 minutes. Participants learn skills to help them deal with their substance use disorder and gain support from people who understand the challenges of having a mental illness and a substance use disorder. The group is free with no registration or enrollment required. More locations may be added.

NAMI WebConnect Support Group – Page 9

NAMI Minnesota has a web-based support group for adults living with a mental illness. NAMI WebConnect is provided online and in real time with the hope of serving those who cannot attend a support group in person. The group is led by individuals who live with a mental illness and are doing well in recovery.

Family Support Groups

Family support groups provide ongoing support for families and friends of persons living with a mental illness.

Andover	Fairview Clinic 13819 Hanson Blvd NW	Becca: 612-790-0938 Amy: 763-398-9200	1 st and 3 rd Wednesday 6:30 – 8:00 pm
Austin	First Congregational Church 1910 3 rd Ave. NW	Shari 507-433-2301	Last Wednesday of Month 7:00 – 8:00 pm
Chaska	Chaska Moravian Church 115 4 th St.	Jan: 612-554-0825 Sara: 612-770-7466	2 nd and 4 th Monday 6:30 – 8:00 pm
Duluth	Miller Dwan Hospital Conference Room 3 502 E. 2 nd St.	NAMI Duluth 218-409-6566	Last Tuesday of Month 6:00 – 7:00 pm <i>*Educational meeting from 7:00 – 8:00 pm</i>
Eagan	Advent United Methodist Church 3945 Lexington Av. S.	Connie 952-432-9278	4 th Monday 7:00 – 8:30 pm
Eden Prairie	St. Andrew Lutheran Church 13600 Technology Dr.	Carol 952-426-0343	2 nd and 4 th Tuesday 7:00 – 8:30 pm
Edina	PrairieCare Edina – Conference Rm 204 6363 France Ave S, Suite 200 <i>(*Emphasis on First Episode Psychosis)</i>	Nancy 651-645-2948 ext. 106	4 th Thursday of Month 6:00 – 7:30 pm
Grand Rapids	Grand Rapids Area Library 140 NE 2 nd St.	Karyn: 218-328-5000 Mary: 218-230-9553	3 rd Tuesday 5:00 – 6:30 pm
Mankato	Bethel Baptist Church 1250 Monks Ave	Diane 507-358-7804	2 nd & 4 th Thursdays 6:30 – 8:00 pm
Maple Grove	Lord of Life Lutheran Church 7401 Co Rd 101	Barb 612-889-3379	3 rd Monday 7:00 – 8:30 pm
Minneapolis	Mount Olivet Lutheran Church 50 th and Knox Ave S	Cecelia 205-292-5242	1 st Friday 6:30 – 8:00 pm
Minneapolis	Fairview Riverside – West Building 2450 Riverside Ave 2 nd Floor – Paula Clayton Room <i>(*Emphasis on First Episode Psychosis)</i>	Nancy 651-645-2948 ext. 106	2 nd Tuesday 6:00 – 7:30 pm
Moorhead	Christ the King Lutheran Church 1900 14 th Street South	Denise 218-443-5286	2 nd Thursday 6:30 – 8:00 p.m.

Family Support Groups, Continued

New Ulm	Brown County Human Services 1117 Center Street	Teresa 507-217-1121	1 st and 3 rd Thursday 6:30 – 7:30 pm
Northfield	Northfield Community Resource Center 1651 Jefferson Parkway Room HS 222	Barb & Heather 507-663-7950 or 1-888-NAMI-Helps	1 st and 3 rd Tuesday 7:00 – 8:30 pm
Oakdale	Canvas Health 7066 Stillwater Blvd Community Room	Dan 651-341-8918	2 nd and 4 th Tuesday 6:00 – 7:30 pm
Owatonna	Christ Community Covenant Church 540 SE 18 th Street	Judy 507-451-0043	1 st Monday 7:00 – 8:30 pm
Plymouth	St. Barnabus Lutheran Church 15600 Old Rockford Road	Elizabeth 612-432-0471	4 th Tuesday 7:00 – 8:30 pm
Rochester	Mayo Clinic/St. Mary's Hospital Generose Building, 3 rd Floor, East Wing Room 108 (Rome Conference Room)	Steve: 507-316-0971 NAMI SE: 507-287-1692	1 st & 3 rd Mondays 5:30 – 7:00 pm
Rochester	NAMI SE Minnesota 1700 Broadway Av. North Suite 105 (Nolte Room) – use entrance B	NAMI SE 507-287-1692	2 nd & 4 th Wednesdays 7:00 – 8:30 pm
Roseville	Centennial United Methodist Church 1524 Co Road W C-2	Anna Mae 651-484-0599	2 nd & 4 th Wednesdays 6:30 – 8:00 pm
St. Cloud	Calvary Community Church 1200 Roosevelt Road	Mike 320-259-7101	2 nd & 4 th Tuesday 7:00 – 8:30 pm
St. Paul	Wilder Foundation 451 Lexington Pkwy N (Free Parking in Ramp)	Jennifer 507-254-5524	4 th Monday 6:30 – 8:00 pm.
Stillwater	Stillwater Library, 224 Third St. N., Margaret Rivers Room A (Use 3 rd St. Entrance – Free Parking)	Marie or Bob: 651-770-1436	1 st and 3 rd Monday 6:30 – 8:00 pm
Willmar	Lakeland Health Center 502 2nd Street SW (Seminar Room 2, Lower Level)	Family Support 320-444-4860 or 320-235-3084	3 rd Thursday 6:30 – 8:00 pm
Winona	Winona Health 855 Mankato Ave Parkview Conference Room	Helen: 507-459-2230 Chuck: 507-226-3079	2 nd Monday 7:00 – 8:30 pm

Partners & Spouses Support Group

This group is for spouses, domestic partners, and people who share child-rearing responsibilities with a person who has mental illness.

Minneapolis	Mount Olivet Lutheran Church 50 th and Knox Ave S	Jeff 612-232-7816	1st Friday 6:30 – 8:30 pm
St. Paul	Falcon Heights United Church of Christ 1795 Holton Street	Melissa: 651-354-0825 Sara: 763-350-6502	2nd & 4th Tuesday 6:30 – 8:00 pm

Parent Resource Groups

NAMI Minnesota provides support groups to help parents discover resources to meet the challenges of raising a child with a mental illness, learn coping skills and develop problem solving skills. Each of the support groups are facilitated by a parent who has a child with a mental illness and who has received specialized training.

Apple Valley	Shepherd of the Valley Lutheran Church 12650 Johnny Cake Ridge Rd <i>Free dinner @ 6pm & Childcare available</i>	NAMI 651-645-2948	1st & 3rd Tuesdays 6:30 – 8:00 pm
Apple Valley	Shepherd of the Valley Lutheran Church 12650 Johnny Cake Ridge Rd <i>Free dinner @ 6pm & Childcare available</i>	NAMI 651-645-2948	2nd & 4th Tuesdays 6:30 – 8:00 pm
Duluth	Essentia Health – Amberwing 615 Pecan Avenue Board Room	Deb Semmelroth: 218-590-4199 or Debmraz2@gmail.com	3rd Tuesday 6:00 – 7:30 pm
Elk River	Handke Center 1170 Main St <i>Free dinner @ 6pm & Childcare available</i>	Sue 763-633-0894	3rd Monday 6:30 – 8:00 pm
Hastings	Shepherd of the Valley Church 1450 4 th Street West <i>Free Snacks & Childcare Available</i>	NAMI 651-645-2948	3rd Saturday 9:00 – 10:30 am
Minneapolis (Bilingual-Spanish)	Lake Nokomis Community Center 2401 E Minnehaha Pkwy	NAMI 651-645-2948	1st Saturday 2:15 – 3:45 pm
Prior Lake	River Valley YMCA 3575 Shepherds Path NW <i>Free Dinner & Childcare Provided</i>	NAMI 651-645-2948	1st Thursday 6:00 – 7:30 pm

Parent Resource Groups, Continued

St. Cloud	Calvary Community Church 1200 Roosevelt Road	Louise 320-654-1259	2 nd and 4th Tuesdays 7:00 – 8:30 pm
Savage	Caribou Coffee 7745 Egan Drive (Look for the Red Rubber Duck on the table)	NAMI 651-645-2948	3rd Tuesday 10:30 am – 12:00 pm

Parent Warmline Feeling isolated & overwhelmed by your child's behaviors or mental illnesses? Not sure where to start or who to talk to? No time to attend support groups or classes? Even phone calls a challenge? Connect with a parent peer specialist through NAMI's parent email warmline – parent.resources@namimn.org

NAMI Connection

NAMI Connection is a support group for adults with a mental illness regardless of diagnosis. Groups are free and meet for 90 minutes. All groups are led by trained individuals who are also in recovery. No registration or enrollment required.

Albert Lea	Next Step Clubhouse 216 S. Washington Ave	Sara 507-377-5483	Wednesdays 5:00 – 6:30 pm
Andover	Hope Lutheran Church 16180 Round Lake Blvd NW	Curt: 612-581-2477 Chelsy: 763-238-7207	Mondays 6:30 – 8:00 pm
Bloomington	Avivo CSP 7888 12 th Ave. South	Joelle 612-752-8384	Wednesdays 4:30 – 6:00 pm
Burnsville	Mary Mother of the Church 3333 Cliff Road E., in Room 15.	Liz: 612-578-1501 Lyn: 612-749-5408	Thursdays 6:30 – 8:00 pm
Cambridge	Cambridge Medical Center Harbor Room 701 South Dellwood Street	Danie 763-219-6236	Thursdays 6:30 – 8:00 pm
Coon Rapids	Family Life Center 1930 Coon Rapids Boulevard	Tim 612-669-5111	Tuesdays & Wednesdays 6:30 – 8:00 pm
Crystal	Northwest Community Support Program 7000 57th Ave North #100	NAMI 651-645-2948	Thursdays 1:00 – 2:30 pm
Duluth	Peace Church 1111 11 th Ave E.	Jake: 218-591-2925 Jill: 218-348-5417	Mondays 6:00 – 7:30 pm

NAMI Connection, Continued

Kasson	First Presbyterian Church 101 6th Ave. NW	Karen: 507-316- 0968 NAMI SE: 507-287-1692	Tuesdays 7:00-8:30 pm
Mankato	Bethel Baptist Church 1250 Monks Ave	Morgan 651-645-2948 ext. 121	2nd & 4th Thursdays 6:30 – 8:00 pm
Minneapolis – North	Northside CSP 1309 Girard Ave North	Don 651-334-1778	Fridays 2:30 – 4:00 pm
Minneapolis	Mount Olivet Lutheran Church 50 th and Knox Ave S	Kim 651-280-8527	Fridays 6:30 – 8:00 pm
Minneapolis – South	Vail Place 1412 West 36 th Street	Jack 612-310-3628	Wednesdays 5:45 – 7:15 pm
Moorhead	Christ the King Lutheran Church, 1900 14th St. S., in the board room	Marion 218-443-5286	2nd, 4th & 5th Thursdays 6:30 – 8:00 pm
Rochester	NAMI SE Minnesota 1700 Broadway Ave. (in the Lighthouse) Suite 103 – use entrance B	NAMI SE: 507-287-1692	Wednesdays 7:00 – 8:30 pm
Roseville	Centennial Methodist Church 1524 County Road C2 West	Will 651-578-3364	2 nd & 4 th Wednesday 7:00 – 8:30 pm
St. Paul	Hamm Psychiatric Memorial Clinic 408 St. Peter Street, Suite 429	Mary 612-387-7036	Mondays 12:00 – 1:30 pm
Stillwater	Episcopal Church of the Ascension Office 215 North 4th Street	Diane 651-724-0977	1st and 3rd Mondays 6:30 – 8:00 pm
Willmar	Lakeland Health Center (Lower level) 502 2nd Street SW	For more information: 320-235-3084	3rd Thursday 6:30 – 8:00 pm
Winona	Peer Support Network (PSN) Building 122 W. 2 nd St.	Judy 507-450-0265	Mondays 7:00 – 8:30 pm

LGBTQ Connections

NAMI offers a support group for the LGBTQ (Lesbian, Gay, Bisexual, Transgender, Questioning/Queer) community. The support groups are a safe place to confront the challenges that many members of LGBTQ communities face such as social isolation, stigma, discrimination, low self-esteem, anxiety and depression.

Minneapolis	Living Table United Church of Christ 3805 E 40th St.	David 612-920-3925	Saturdays 1:00 – 2:30 pm
St. Paul	Gloria Dei Lutheran Church 700 Snelling Ave S – Room 108	Brianna: 763-489-8086 Alec: 952-334-6318	Saturdays 1:00 – 2:30 pm

Young Adult NAMI Connection

Young Adult NAMI Connection is a support group for young adults ages 16-20 or 18-30, depending on the group. Groups are facilitated by young adults who live with mental illnesses and are doing well in recovery.

Apple Valley (Ages 16-20)	Shepard of the Valley Lutheran Church 12650 Johnny Cake Ridge Road <i>Free pizza at 6:00 pm</i>	Devin: devinlast@gmail.com Nancy: 651-645-2948 ext. 106	2 nd and 4 th Tuesdays 6:30 – 8:00 pm
Minneapolis – Dinkytown (Ages 18-30)	University Baptist Church 1219 University Ave SE, Library	Donald: bystro23@umn.edu Drew: drew.a.laughlin@gmail.com	Tuesdays 7:30 – 9:00 pm
Minneapolis – LGBTQ (Ages 18-30)	Boneshaker Books 2002 23 rd Avenue South Community Room	Addyson: 952-239-9911 14addyson.moore@gmail.com Oliver: 503-828-7421 Newt.stremple@gmail.com	1 st and 3 rd Thursdays 6:00 – 7:30 pm <i>*Starts in September</i>
Minneapolis – University of MN (Ages 18-30)	Grace University Lutheran Church 324 SE Harvard Street	Anna: berg7420@stthomas.edu Nancy: 651-645-2948 ext. 106	8/27, 9/10, 9/24, 10/8, 10/22, 11/5, 11/19, 12/3, 12/17, 12/31 7:30 – 9:00 pm
St. Paul - Macalester (Ages 18-30)	Macalester Plymouth United Church 1658 Lincoln Avenue, Lower Level	Tess: 507-226-3369 tesscameronh@gmail.com Leah: 207-272-4450 Lwilcox2@macalester.edu	1 st & 3 rd Tuesdays 6:00 – 7:30 pm

NAMI Open Door Anxiety and Panic Support Groups

NAMI Open Door support groups provide ongoing support for individuals with an anxiety or panic disorder and there is no cost to attend. The groups provide peer support, teach effective strategies in anxiety management and promote better understanding of anxiety disorders. The Open Door program is based on the book *Embracing the Fear, Learning to Manage Anxiety and Panic Attacks* by Judith Bemis and Amr Barrada. All meetings are facilitated by people who have had an anxiety disorder and are now recovered or recovering.

East St. Paul	Woodland Hills Church 1740 Van Dyke Street <i>Free Dinner Available @ 6PM</i>	Rachel 952-818-7343	1 st and 3 rd Thursdays 6:30 – 8:00 pm
Edina	Cross View Lutheran Church 6645 McCauley Trail West	Shawn 651-239-8381	1 st and 3 rd Tuesdays 7:00 – 8:30 pm
Edina	Edina Library 5280 Grandview Square Conference Room	Mark 651-485-1882	2 nd and 4 th Tuesdays 3:30 – 5:00 pm
Minneapolis	St. Mark's Cathedral 519 Oak Grove St. In the Library	Scott 612-998-6160	2 nd and 4 th Mondays 6:30 – 8:00 pm
St. Paul	Gloria Dei Lutheran Church 700 Snelling Ave S Room 108	Les 612-229-1863	2 nd and 4 th Thursdays 6:30 – 8:00 pm
White Bear Lake	Church of St. Pius X 3878 Highland Avenue Room 42 – Pope Benedict Room	Sue 612-245-5720	2 nd and 4 th Wednesdays 1:00 – 2:30 pm

NAMI Minnesota Dual Diagnosis Support Group

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Minneapolis	Hennepin County Medical Center Family Resource Center 701 Park Avenue South 2 nd Floor – Skyway Level Located next to the Medical Library	Bruce 612-338-9084	Sundays 4:00 – 5:30 pm
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NAMI WebConnect Support Group

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<p>2nd and 4th Thursdays 7:00 – 8:30 pm</p>	<p>Morgan 651-645-2948 ext. 121</p>	<p>To access the group:</p> <ol style="list-style-type: none"> 1. Visit: www.supportgroupcentral.com/nami-mn 2. Click on the Blue Tab that says “Not yet a member? Create your member account now!” 3. Make an account 4. Click on “NAMI Minnesota” at the top of the page 5. Find the support group you’d like to attend and click on the “Register” button
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