

NAMI VALLEY OF THE SUN SUPPORT GROUPS (No Charge for Community)

(Before attending, please confirm on webpage, any meeting changes or cancellations at www.namivalleyofthesun.org)

***CONNECTION SUPPORT GROUP** - is a free,, 90-minute recovery support group is open only for people living with mental illness where individuals learn from one another's' experiences, share coping strategies, and offer mutual encouragement and understanding. The groups provide an ongoing opportunity to discuss the challenges of living with mental illness and techniques for maintaining wellness. For more info. Contact Terry at 602-759-8175.*

	GROUP	SITE NAME	SITE ADDRESS	DAYS	TIME	VALLEY AREA
Peer Group (For Peers Only)	NAMI Connection	Bell Road Church, Building in the Back	3427 E. Bell Road, Phoenix	Every Tuesday	3:00-4:30 PM	North Valley
Peer Group (For Peers Only)	NAMI Connection	PSA Epicenter	1415 N. 1st St. Phoenix, AZ 85004	3rd Saturday	10:00AM- 11:30AM	Central Phoenix

***FAMILY SUPPORT GROUPS** – Are open only to adults, who have a family member, friend, loved one, who is living with mental illness, regardless of diagnosis. You are welcome to drop by and share your feelings, difficulties, successes. These meetings are facilitated by trained NAMI members and family member participants are encouraged to share actively in the work of the group. For more information, contact NAMI VOS at 602-244-8166.*

GROUP	SITE NAME	SITE ADDRESS	DAYS	TIME	VALLEY AREA
Families Giving Hope (Family Support Group)	MARC Center, East Village	4250 East Florian Ave, Building 2, in Mesa, 85206 (Corner of Greenfield and Southern Ave. Take Oakland off of Southern. Oakland will lead you right to Florian)	2nd & 4th Thursdays	6:30-8:30 PM	East Valley
Family Support Group	Shepherd of the Hills Church	13658 West Meeker Blvd. Sun City West, 85375	3rd Friday	1:00-2:30 PM	West Valley
Family Support Group	Peace Lutheran Church	18265 N. 89th Ave. (Church Library) Peoria, AZ 85382-3000	2nd & 4th Thursdays	6:00-7:30 PM	West Valley

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Family Support Group	Fire Station #52 at Desert Ridge	21650 N. Tatum Blvd. Phoenix, AZ 85050	1st & 3rd Thursdays	6:00-7:30 PM	North Valley
Family Support Group	St. Patrick Catholic Church	10815 N 84th St. Scottsdale, AZ 85260	1st & 3rd Tuesdays	6:00-7:30 PM	Northeast Valley
Family Support Group	Mountainview Presbyterian Church	8050 E Mountain View Rd., Scottsdale, AZ 85258 Annex Room 206 – (Building on North side of Church)	1st Thursday	6:00-7:30 PM	Northeast Valley
Family Support Group	First Church UCC	1407 N. 2nd Street, Room 5, Phoenix, AZ 85004	2nd Friday	7:00-8:30 PM	Central Phoenix
Family Support Group	IMHR Epicenter	1415 N. 1st Street Phoenix, AZ 85004 (Follow signs to meeting)	4th Tuesday	7:00-8:30 PM	Central Phoenix
Family Support Group	Honor Health Sonoran Health and Emergency Center	33423 N. 32nd Avenue, Conference Room #1 on the Second Floor Phoenix, AZ 85085 (I-17 and Dove Valley Road)	(May-Sept) 3rd Tuesday (Oct-Apr) 1st & 3rd Tuesdays	7:00-8:30 PM	North Phoenix
TRI-CITY (Family Support Group)	Desert Banner Hospital	1432 S. Dobson, Mesa, AZ 85202 Parking Garage- Rosati Educational Building Take to 1st floor of Mesquite Conference Room	1st & 3rd Saturdays	10:00-11:30 AM	Southeast Valley