

## NAMI Santa Clara County Family Support Groups

If your support group is meeting

- Via Phone conference, call **408-453-0400** followed by the extension. No need to pre-register.
- Via Zoom, you will need to pre-register.
  - To pre-register, click on the link to sign up ahead of time.
  - You will receive a zoom link from your facilitator by email on the day of your meeting.
  - **Deadline to sign up: 2 hours *before*** the support group begins (e.g. 5 PM for groups starting at 7 PM)

For more information about these support groups, call Warmline Help Desk at **408-453-0400 option 1**  
**Mon – Fri 10 AM to 6 PM**

<b>FSG</b>	For Family and Friends of individuals with mental health condition <b>ONLY</b>
<b>FSCG</b>	For <b>BOTH</b> , family/friends <b>and</b> individuals with mental health condition.

DAY	TIME	GROUP-LOCATION	ZOOM/ PHONE CONFERENCE
<b>1ST WEEK OF THE MONTH</b>			
<b>TUESDAY</b>	7-8:30 pm	FSG (TAY) - LOS GATOS	<a href="https://bit.ly/tay-rsvp">https://bit.ly/tay-rsvp</a>
<b>TUESDAY</b>	7-8:30 pm	FSG-MTN VIEW	<a href="https://bit.ly/1w-mv-fsg">https://bit.ly/1w-mv-fsg</a>
<b>WEDNESDAY</b>	6-7:30 pm	FSG JAIL-OFFICE	<a href="https://bit.ly/1w-jcs-fsg">https://bit.ly/1w-jcs-fsg</a>
<b>THURSDAY</b>	7-8:30 pm	<b>FCSG BAPTIST CHURCH-SAN JOSE</b>	<b>CALL 408-453-0400 X6052</b>
<b>FRIDAY</b>	7-9:30 pm	<b>FSG SPANISH-OFFICE</b>	<a href="https://bit.ly/spanish-fsg">https://bit.ly/spanish-fsg</a>
<b>2ND WEEK OF THE MONTH</b>			
<b>THURSDAY</b>	7-8:30 pm	FSG ST LOUISE-GILROY	<a href="https://bit.ly/2w-gilh-fsg">https://bit.ly/2w-gilh-fsg</a>
<b>THURSDAY</b>	7-8:30 pm	FSG JEWISH CENTER-PALO ALTO	<a href="https://bit.ly/pa-fsg">https://bit.ly/pa-fsg</a>
<b>FRIDAY</b>	7-8:30 pm	<b>FCSG KAISER-SAN JOSE</b>	<a href="https://bit.ly/2w-kaiser-fcsg">https://bit.ly/2w-kaiser-fcsg</a>
<b>FRIDAY</b>	7-9:30 pm	<b>FSG SPANISH-OFFICE</b>	<a href="https://bit.ly/spanish-fsg">https://bit.ly/spanish-fsg</a>
<b>3RD WEEK OF THE MONTH</b>			
<b>SUNDAY</b>	1:30-3:30 pm	FSG – Faith-based WESTGATE-SAN JOSE	<a href="https://bit.ly/pov-rsvp">https://bit.ly/pov-rsvp</a>
<b>TUESDAY</b>	7-8:30 pm	FSG-OFFICE	<a href="https://bit.ly/3w-sj-fsg">https://bit.ly/3w-sj-fsg</a>
<b>WEDNESDAY</b>	6-7:30 pm	FSG JAIL-OFFICE	<a href="https://bit.ly/1w-jcs-fsg">https://bit.ly/1w-jcs-fsg</a>
<b>THURSDAY</b>	7-9 pm	<b>FCSG CHINESE -MTN VIEW</b>	<b>EMAIL <a href="mailto:jenhong1947@gmail.com">jenhong1947@gmail.com</a></b>
<b>THURSDAY</b>	7-8:30 pm	<b>FCSG BAPTIST CHURCH-SAN JOSE</b>	<b>CALL 408-453-0400 X6052</b>
<b>FRIDAY</b>	7-9:30 pm	<b>FSG SPANISH-OFFICE</b>	<a href="https://bit.ly/spanish-fsg">https://bit.ly/spanish-fsg</a>
<b>4TH WEEK OF THE MONTH</b>			For Phone, call 408-453-0400 x
<b>TUESDAY</b>	6:30- 8 pm	FSG LIBRARY-GILROY	<a href="https://bit.ly/4w-glib-fsg">https://bit.ly/4w-glib-fsg</a>
<b>THURSDAY</b>	7-8:30 pm	FSG STANFORD-PALO ALTO	<a href="https://bit.ly/4w-stan-fsg">https://bit.ly/4w-stan-fsg</a>
<b>FRIDAY</b>	7-9:30 pm	<b>FSG SPANISH-OFFICE</b>	<a href="https://bit.ly/spanish-fsg">https://bit.ly/spanish-fsg</a>
<b>5TH WEEK OF THE MONTH</b>			
<b>FRIDAY</b>	7-9:30 pm	<b>FSG SPANISH-OFFICE</b>	<a href="https://bit.ly/spanish-fsg">https://bit.ly/spanish-fsg</a>