

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

FSG	For Family and Friends of individuals with mental health condition ONLY
FCSG	For BOTH , family/friends and individuals with mental health condition.
FSG-JAIL	For those with loved ones currently or formerly incarcerated in Santa Clara County jails
FSG (TAY)	For parents or caregivers of youth for ages 14-24
FSG Faith-based	Faith-based, non-denominational group for parents or caregivers of youth up to age 24 years
FSG-SPANISH	For families/friends who speak Spanish
FCSG-CHINESE	For families/friends who speak Mandarin
NEW TUESDAY	- This group used to meet on Thursday. Starting Sept. , this group will meet on Tuesdays.

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