

## 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** or choose option 4 if calling after 6.

<b>FSG</b>	For Family and Friends of individuals with mental health condition <b>ONLY</b>
<b>FCSG - KOREAN</b>	For <b>BOTH</b> , family/friends <b>and</b> individuals with mental health condition speaking Koren
<b>FSG-SPANISH</b>	For families/friends who speak Spanish
<b>FCSG-CHINESE</b>	For Mandarin speaking individuals living with mental health condition and their family/friends.

DAY	TIME	GROUP-LOCATION	REGISTRATION LINK/PH #
<b>1ST WEEK OF THE MONTH</b>			
FRIDAY	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>			
FRIDAY	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>			
THURSDAY	7-9 pm	<b>FCSG CHINESE -MTN VIEW</b>	<b>EMAIL</b> <a href="mailto:jenhong1947@gmail.com">jenhong1947@gmail.com</a>
FRIDAY	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>			
THURSDAY	7-8:30 pm	<b>FCSG KOREAN - CUPERTINO</b>	Call Kyo at 408-712-1149
FRIDAY	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>			
FRIDAY	7-9:30 pm	<b>FSG SPANISH-OFFICE</b>	<a href="https://bit.ly/spanish-fsg">https://bit.ly/spanish-fsg</a>