

## NAMI Santa Clara County Family & Peer 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 6PM

<b>FCSG</b>	For <b>BOTH</b> , family/friends <b>and</b> individuals with mental health condition.
<b>FCSG-CHINESE</b>	For families/friends who speak Mandarin

DAY	TIME	GROUP-LOCATION*	REGISTRATION LINK/PH #
<b>1ST WEEK OF THE MONTH</b>			
<b>THURSDAY</b>	7-8:30 pm	<b>FCSG BAPTIST CHURCH-SAN JOSE</b>	<b>CALL 408-453-0400 X6052</b> <i>(No registration needed)</i>
<b>2ND WEEK OF THE MONTH</b>			
<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>3RD WEEK OF THE MONTH</b>			
<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> <i>(No registration needed)</i>
<b>4<sup>TH</sup> WEEK OF THE MONTH</b>			
<b>THURSDAY</b>	7-8:30 pm	<b>FCSG KOREAN - CUPERTINO</b>	<b>CALL Kyo at 408-712-1149</b>

\*Location – *The location where in-person meetings used to meet before Covid-19 restrictions. These meetings are currently meeting over zoom.*