

## 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 Warm Line Help Desk at **408-453-0400 option 1**  
 Warm Line Hours: **Mon – Fri 10 AM to 6 PM**. If calling after **6 PM**, choose **option 4** for call back service.

<b>FSG</b>	For Family and Friends of individuals with mental health condition <b>ONLY</b>
<b>FCSG</b>	For <b>BOTH</b> , family/friends <b>and</b> individuals with mental health condition.
<b>FSG-JAIL</b>	For those with loved ones currently or formerly incarcerated in Santa Clara County jails
<b>FSG (TAY)</b>	For parents or caregivers of youth for ages 14-24
<b>FSG Faith-based</b>	Faith-based, non-denominational group for parents or caregivers of youth up to age 24 years
<b>FSG-SPANISH</b>	For families/friends who speak Spanish
<b>FCSG-CHINESE</b>	For Peers & families/friends who speak Mandarin. (FCSG- Korean if the group is in Korean)

DAY	TIME	GROUP-LOCATION*	REGISTRATION LINK/PH #
<b>1ST WEEK OF THE MONTH</b>			
TUESDAY	7-8:30 pm	FSG (TAY) - LOS GATOS	<a href="https://bit.ly/tay-rsvp">https://bit.ly/tay-rsvp</a>
TUESDAY	7-8:30 pm	FSG-MTN VIEW	<a href="https://bit.ly/1w-mv-fsg">https://bit.ly/1w-mv-fsg</a>
WEDNESDAY	6-7:30 pm	<b>FSG JAIL</b> -OFFICE	<a href="https://bit.ly/1w-jcs-fsg">https://bit.ly/1w-jcs-fsg</a>
THURSDAY	7-8:30 pm	<b>FCSG BAPTIST CHURCH-SAN JOSE</b>	<b>CALL 408-453-0400 X6052 to attend</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>			
TUESDAY	7-8:30 pm	FSG JEWISH CENTER-PALO ALTO	<a href="https://bit.ly/pa-fsg">https://bit.ly/pa-fsg</a>
FRIDAY	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>
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>			
SUNDAY	1:30-3:30 pm	<b>FSG – Faith-based</b> WESTGATE-SAN JOSE	<a href="https://bit.ly/pov-rsvp">https://bit.ly/pov-rsvp</a>
TUESDAY	7-8:30 pm	FSG-OFFICE	<a href="https://bit.ly/3w-sj-fsg">https://bit.ly/3w-sj-fsg</a>
THURSDAY	7-9 pm	<b>FCSG CHINESE -MTN VIEW</b>	<b>EMAIL</b> <a href="mailto:jenhong1947@gmail.com">jenhong1947@gmail.com</a>
THURSDAY	7-8:30 pm	<b>FCSG BAPTIST CHURCH-SAN JOSE</b>	<b>CALL 408-453-0400 X6052 to attend</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>4TH WEEK OF THE MONTH</b>			
TUESDAY	6:30- 8 pm	FSG LIBRARY-GILROY	<a href="https://bit.ly/4w-glib-fsg">https://bit.ly/4w-glib-fsg</a>
TUESDAY	7-8:30 pm	FSG STANFORD-PALO ALTO	<a href="https://bit.ly/4w-stan-fsg">https://bit.ly/4w-stan-fsg</a>
<b>*NEW*</b> THURSDAYS	7-8:30 pm	<b>FCSG KOREAN -CUPERTINO</b>	<b>CALL KYO AT 408-712-1149</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>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>

\***LOCATION** means the place where this group used to meet before Covid-19 restrictions.