

## 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)
    - Group facilitator will email the zoom link to the email you provided at registration.
- Please note: the facilitator will not be able to email you if you register after the deadline.*

For more information about these support groups, call Warm line Help Desk at **408-453-0400** **option 1 Mon – Fri 10 AM to 6 PM** or choose **option 4** if calling after 6PM.

<b>FSG</b>	For Family and Friends of individuals with mental health condition <b>ONLY</b>
<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

These groups are ONLY for family members (18+ yr) caring for a loved one with mental health conditions.

DAY	TIME	GROUP-LOCATION*	REGISTRATION LINK/PH #
<b>1ST WEEK OF THE MONTH</b>			
<b>*UPDATE* WEDNESDAY</b>	7-8:30 pm	Transition Age Youth (14-24yr) FSG	<a href="https://bit.ly/tay-rsvp">https://bit.ly/tay-rsvp</a>
<b>TUESDAY</b>	7-8:30 pm	Family Support Group (FSG)	<a href="https://bit.ly/1w-mv-fsg">https://bit.ly/1w-mv-fsg</a>
<b>WEDNESDAY</b>	6-7:30 pm	<b>JAIL FAMILY SUPPORT GROUP</b>	<a href="https://bit.ly/1w-jcs-fsg">https://bit.ly/1w-jcs-fsg</a>
<b>FRIDAY</b>	7-9:30 pm	<b>FAMILY SUPPORT GROUP IN SPANISH</b>	<a href="https://bit.ly/spanish-fsg">https://bit.ly/spanish-fsg</a>
<b>2ND WEEK OF THE MONTH</b>			
<b>TUESDAY</b>	7-8:30 pm	FAMILY SUPPORT GROUP	<a href="https://bit.ly/pa-fsg">https://bit.ly/pa-fsg</a>
<b>FRIDAY</b>	7-9:30 pm	<b>FAMILY SUPPORT GROUP IN SPANISH</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	<b>FAITH-BASED FAMILY SUPPORT GROUP*</b>	<a href="https://bit.ly/pov-rsvp">https://bit.ly/pov-rsvp</a>
<b>FRIDAY</b>	7-9:30 pm	<b>FAMILY SUPPORT GROUP IN SPANISH</b>	<a href="https://bit.ly/spanish-fsg">https://bit.ly/spanish-fsg</a>
<b>4TH WEEK OF THE MONTH</b>			
<b>TUESDAY</b>	6:30- 8 pm	FAMILY SUPPORT GROUP	<a href="https://bit.ly/4w-glib-fsg">https://bit.ly/4w-glib-fsg</a>
<b>TUESDAY</b>	7-8:30 pm	FAMILY SUPPORT GROUP	<a href="https://bit.ly/4w-stan-fsg">https://bit.ly/4w-stan-fsg</a>
<b>FRIDAY</b>	7-9:30 pm	<b>FAMILY SUPPORT GROUP IN SPANISH</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>FAMILY SUPPORT GROUP IN SPANISH</b>	<a href="https://bit.ly/spanish-fsg">https://bit.ly/spanish-fsg</a>

\*Christian faith based support group.