

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 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 Peers & families/friends who speak Mandarin. (FCSG- Korean if the group is in Korean)

DAY	TIME	GROUP	REGISTRATION LINK/PH #
1ST WEEK OF THE MONTH			
UPDATE WEDNESDAY	7-8:30 pm	Transition Age Youth (14-24yrs) FSG	https://bit.ly/tay-rsvp
TUESDAY	7-8:30 pm	Family Support Group (FSG)	https://bit.ly/1w-mv-fsg
WEDNESDAY	6-7:30 pm	JAIL Family Support Group	https://bit.ly/1w-jcs-fsg
THURSDAY	7-8:30 pm	Family & Peer Support Group	CALL 408-453-0400 X6052 to attend
FRIDAY	7-9:30 pm	Family Support Group in Spanish	https://bit.ly/spanish-fsg
2ND WEEK OF THE MONTH			
TUESDAY	7-8:30 pm	Family Support Group (FSG)	https://bit.ly/pa-fsg
FRIDAY	7-8:30 pm	Family & Peer Support Group	https://bit.ly/2w-kaiser-fcsg
FRIDAY	7-9:30 pm	Family Support Group in Spanish	https://bit.ly/spanish-fsg
*NEW*SATURDAY	4-6:00 pm	FCSG CHINESE (Mandarin)	CONTACT Albert at (650) 701-3388/ albert.wum@gmail.com (Text ok)
3RD WEEK OF THE MONTH			
SUNDAY	1:30-3:30 pm	FSG – Faith-based	https://bit.ly/pov-rsvp
THURSDAY	7-9 pm	FCSG CHINESE (Mandarin)	EMAIL jenhong1947@gmail.com
THURSDAY	7-8:30 pm	Family & Peer Support Group	CALL 408-453-0400 X6052 to attend
FRIDAY	7-9:30 pm	Family Support Group in Spanish	https://bit.ly/spanish-fsg
4TH WEEK OF THE MONTH			
TUESDAY	6:30- 8 pm	Family Support Group (FSG)	https://bit.ly/4w-glib-fsg
TUESDAY	7-8:30 pm	Family Support Group (FSG)	https://bit.ly/4w-stan-fsg
THURSDAYS	7-8:30 pm	FCSG KOREAN	CALL KYO AT 408-712-1149
FRIDAY	7-9:30 pm	Family Support Group in Spanish	https://bit.ly/spanish-fsg
5TH WEEK OF THE MONTH			
FRIDAY	7-9:30 pm	Family Support Group in Spanish	https://bit.ly/spanish-fsg

UPDATE - TAY Family Support Group meets on 1st Wednesday starting March 2021.