

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.

FSG	For Family and Friends of individuals with mental health condition ONLY
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

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 #
1ST WEEK OF THE MONTH			
UPDATE WEDNESDAY	7-8:30 pm	Transition Age Youth (14-24yr) 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
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	https://bit.ly/pa-fsg
FRIDAY	7-9:30 pm	FAMILY SUPPORT GROUP IN SPANISH	https://bit.ly/spanish-fsg
3RD WEEK OF THE MONTH			
SUNDAY	1:30-3:30 pm	FAITH-BASED FAMILY SUPPORT GROUP*	https://bit.ly/pov-rsvp
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	https://bit.ly/4w-glib-fsg
TUESDAY	7-8:30 pm	FAMILY SUPPORT GROUP	https://bit.ly/4w-stan-fsg
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

*Christian faith based support group.