

## National Alliance on Mental Illness Support Groups

- provide support through group problem solving, sharing of group wisdom, and learning coping skills for self and other's behavior
- provide updates on issues, legislation, books, and meetings pertaining to mental illness



### NAMI Support Group for Family and Friends

#### **1st Tuesday of the month, 7-8:30 P.M.**

El Camino Hospital  
2500 Grant Rd, Mountain View, 94040  
Main Bldg, Ground Floor. Conf. Rm B (by the grand piano), Contact: John Jacobs, 650-804-2222, Farhana 650-387-8532, and Khalid 650-823-3270

#### **3rd Tuesday of the month, 7:00-8:30PM.**

NAMI Santa Clara County Office  
2010 North First Street, Suite 530, San Jose  
Contact: Mike & Lilly Henning, 408-264-0782

#### **4th Tuesday of the month, 7:00-8:30PM.**

Jewish Family & Children's Services Office  
200 Channing Ave, Palo Alto, 94301  
Contact: Don Sussman, 650-688-3046  
Laurel Woodard, 650-688-3073

#### **4th Friday of the month, 7:00-9:30PM.**

Spanish (Español) Support Group for Family and Friends (September to June)  
Centro de la Comunidad Dorsa,  
1290 Bal Harbor Way, San Jose  
Contact: Luisa Perez, 408-378-6988



**CALL OR COME TO THE NAMI OFFICE**

**M - F between 10AM—2PM**  
for public meeting times and other information.

### NAMI Support Groups for Family, Friends, and Consumers

#### **1st & 3rd Thursday of the month, 7:00-8:30PM**

Hope, Encouragement, Love, and Prayer  
Sunrise Valley Baptist Church, 5860 Blossom Ave, San Jose, Contact: Jerry Gruhn, 408-224-8449

#### **2nd Wednesday of the month, 7:00-8:30PM**

Nueva Vista, Activity Room, 18225 Hale Ave, Morgan Hill, Contact: Barbara, 408-229-0428

#### **2nd Wednesday of the month, 6:15-8:30PM**

Beth Am, Beit Kehillah, 26790 Arastradero Rd, Los Altos, Contact: Carol Irwin, 408-858-1372

#### **4th Thursday of the month, 7:00-8:30PM.**

Momentum for Mental Health, 2001 The Alameda, San Jose, Contact: Mike & Lilly Henning, 408-264-0782

#### **1st Thursday of the month, 7:00-8:30PM**

Chinese (Mandarin) Support Group, Momentum for Mental Health, 2001 The Alameda, San Jose, Contact: Jill Chen-Kuendig 408-261-7777x2207, Chia-Ling Mao, 408-924-3152

#### **2nd Thursday of the month, 7:00-9:00PM**

NAMI Chinese (Cantonese) Support Group  
Valley Church of Cupertino, 10885 N. Stelling Rd, Cupertino, Contact: Katherine Fok, 650-961-2751

#### **3rd Thursday of the month, 7:00-9:00PM**

NAMI Chinese (Mandarin) Christian Support Group for Family and Friends Mountain View Christian Church, 175 E Dana St. Mountain View, Contact: Jen Hong, 408-996-1016

#### **4th Tuesday of the month, 6:30-8:30 PM**

NAMI Korean Family & Consumer Support Group  
Full Gospel Mission, 20920 McClellan Rd., Cupertino (Between McClelland & Stelling Rd., across from DeAnza College) Contact: Kyo, 408-253-9733

#### **4th Tuesday of the month, 7:00-9:00 PM**

NAMI Chinese (Mandarin) Support Group  
River of Life Christian Church (ROLCC), River of Life Christian Church, 1177 Laurelwood Rd, Santa Clara, Call Chiao-Wen Chen, 408-924-3152