

NAMI Minnesota is currently able to offer **On-Line** and **In-Person Support Group** meetings. The following details are important to remember as you choose which option is right for you.

**On-Line Support Group** meetings offer a safe environment for people to attend support group meetings via Zoom. If you choose this option, you will need to register for each meeting you attend. As soon as you register, you will be emailed the link and password you will need to attend the group. Please check your email. Also, please note, the groups are specifically for those individuals suggested by the group's title. For example, Family Support Group is only for family members and NAMI Connection is only for those who live with a mental illness and are over 18 years old.

**In-Person Support Group** meetings are for people who do not have high-risk factors related to COVID-19, such as an autoimmune disorder, over the age of 65, or have a respiratory disease. If you choose to attend an In-Person Support Group meeting, you must follow health and safety guidelines including wearing a mask, staying 6 feet from other participants and signing a waiver of liability.

*Updated 9.23*

# On-Line NAMI Connection Support Groups

*A peer-led support group for adults who have a mental illness.*

<b>Time &amp; Date</b> <i>Group size limit is 17 participants</i>	<b>Facilitator</b>	<b>Zoom Registration Link</b> <i>You will get a link to join the group and password via your email after you register.</i>
Mondays 6:30 to 8 pm	Rebecca & Joelle	<a href="https://us02web.zoom.us/meeting/register/tZUrdOyqqzkrHN3IQhLDYJHEeJdsud9JcT-x">https://us02web.zoom.us/meeting/register/tZUrdOyqqzkrHN3IQhLDYJHEeJdsud9JcT-x</a>
Tuesdays 6:30 to 8 pm	Jaycob	<a href="https://zoom.us/meeting/register/tJAud-6qqz0uGtHMSmD-APIXric8C1Ph_gF-">https://zoom.us/meeting/register/tJAud-6qqz0uGtHMSmD-APIXric8C1Ph_gF-</a>
Wednesdays 6:30 to 8 pm	Renee	<a href="https://zoom.us/meeting/register/uJMsdeuurjouszW75AZy16bU63Lu1VIdDw">https://zoom.us/meeting/register/uJMsdeuurjouszW75AZy16bU63Lu1VIdDw</a>
Thursdays 6:30 to 8 pm	Renee & Liz	<a href="https://us02web.zoom.us/meeting/register/vJMqf-qrrTIqFbCMIhrZzsoFPKohFivw_A">https://us02web.zoom.us/meeting/register/vJMqf-qrrTIqFbCMIhrZzsoFPKohFivw_A</a>
Fridays 2:30 to 4 pm	Don	<a href="https://us02web.zoom.us/meeting/register/tZlqc-GorzspjT6Tyly373xztvWbJeqc3A">https://us02web.zoom.us/meeting/register/tZlqc-GorzspjT6Tyly373xztvWbJeqc3A</a>
Fridays 6:30 to 8 pm	Sierra	<a href="https://zoom.us/meeting/register/upAlf-utrzzskVdXwU7yfbSunolTZ0QSgQ">https://zoom.us/meeting/register/upAlf-utrzzskVdXwU7yfbSunolTZ0QSgQ</a>

## On-Line Young Adult NAMI Connection Support Groups

*A peer-led support group for young adults ages 18-30 who live with a mental illness.*

<b>Time &amp; Date</b> <i>Group size limit is 17 participants</i>	<b>Facilitator</b>	<b>Zoom Registration Link</b> <i>You will get a link to join the group and password via your email after you register.</i>
Mondays 7:30 to 9 pm	Nathan	<a href="https://us02web.zoom.us/meeting/register/uJMude2qpjkhHhN2peDJHmP8Lhmae9qbXA">https://us02web.zoom.us/meeting/register/uJMude2qpjkhHhN2peDJHmP8Lhmae9qbXA</a>
Every Tuesday until Oct. 6. Starting Oct. 6, this meeting will take place the 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays of the month only. 7:30 to 9 pm	Donald & Robbie	<a href="https://us02web.zoom.us/meeting/register/vp0tde2vrDktRuEHT9yuSVudQrEXELIH9Q">https://us02web.zoom.us/meeting/register/vp0tde2vrDktRuEHT9yuSVudQrEXELIH9Q</a>
1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> Sundays of the month 6:30 to 8 pm	Tess & Leah	<a href="https://us02web.zoom.us/meeting/register/uZAofu-vrD4if-SOjGKbsZZS5KRd9HEc8Q">https://us02web.zoom.us/meeting/register/uZAofu-vrD4if-SOjGKbsZZS5KRd9HEc8Q</a>

## On-Line Young Adult NAMI Connection for People w/ Disabilities

*A peer-led support group for young adults ages 18-30 with disabilities who have a mental illness.*

<b>Time &amp; Date</b> <i>Group size limit is 17 participants</i>	<b>Facilitator</b>	<b>Zoom Registration Link</b> <i>You will get a link to join the group and password via your email after you register.</i>
4 <sup>th</sup> Thursday of the month 6:30 to 8 pm	Addyson & Brianna	<a href="https://zoom.us/meeting/register/tJcudu6qzrgoHtbu7aelt650IK4x8tIsOwyb">https://zoom.us/meeting/register/tJcudu6qzrgoHtbu7aelt650IK4x8tIsOwyb</a>

# On-Line LGBTQ+ Connection Support Group

*A peer-led support group for people with a mental illness who are in the LGBTQ+ community.*

<b>Time &amp; Date</b> <i>Group size limit is 17 participants</i>	<b>Facilitator</b>	<b>Zoom Registration Link</b> <i>You will get a link to join the group and password via your email after you register.</i>
Saturdays 1 to 2:30 pm	Marion	<a href="https://us02web.zoom.us/meeting/register/u5Evf-yurjwp5AQUeIPugbFOz09zla1qlg">https://us02web.zoom.us/meeting/register/u5Evf-yurjwp5AQUeIPugbFOz09zla1qlg</a>

# In-Person NAMI Connection Support Groups

*A peer-led support group for adults who have a mental illness.*

<b>Time &amp; Date</b> <i>Group size limit is 17 participants</i>	<b>Meeting Details</b>	<b>Location</b>
<p>Mondays 4 to 5:30 pm</p>	<p>Help outdoors at the JC Pavilion at Winona Lake. Watch the NAMI Winona website for changes due to weather.</p>	<p>Jaycee Pavilion 340 Lake Park Drive Winona</p>
<p>Tuesdays Starts September 1 6 to 7:30 pm</p>	<p>Weather permitting. Meet at picnic tables by the baseball field. Tod is facilitator for this group.</p>	<p>Olcott Park 901 9th St N. Virginia</p>
<p>Tuesdays 7 to 8:30 pm</p>	<p>Held outdoors, weather permitting. In the case of inclement weather, please visit <a href="https://namisemn.org/education-support/support-services/">https://namisemn.org/education-support/support-services/</a> for changes/cancelations.</p>	<p>First Presbyterian Church Parking Lot 101 6th Ave. NW Kasson</p>
<p>Wednesdays 7 to 8:30 pm</p>	<p>Held outdoors, weather permitting. In the case of inclement weather, please visit <a href="https://namisemn.org/education-support/support-services/">https://namisemn.org/education-support/support-services/</a> for changes/cancelations.</p>	<p>NAMI SE MN Office Parking Lot 1700 Broadway Ave. N. Rochester</p>
<p>Wednesdays 5 to 6:30 pm</p>	<p>Held outdoors, weather permitting. Wear a mask and bring a chair or blanket. Check NAMI Freeborn County Facebook page for weather updates. Call 507-481-8818 and leave a message if you have questions.</p>	<p>Lawn Area 2610 YH Hanson Albert Lea</p>

# On-Line Open Door Anxiety & Panic Support Groups

*A peer-led support group for individuals with an anxiety or panic disorder.*

<b>Time &amp; Date</b> <i>Group size limit is 17 participants</i>	<b>Facilitator</b>	<b>Zoom Registration Link</b> <i>You will get a link to join the group and password via your email after you register.</i>
1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> Tuesday of the month 7 to 8:30 pm	Shawn	<a href="https://zoom.us/meeting/register/v5EkdeitqD4uj0hK1WXVE0cXIEOVKdrnHQ">https://zoom.us/meeting/register/v5EkdeitqD4uj0hK1WXVE0cXIEOVKdrnHQ</a>
2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays of the month 6:30 to 8 pm	Mark	<a href="https://zoom.us/meeting/register/vJMsdeisqT4qbfW_6LoH1WpNRr_ocGbEuw">https://zoom.us/meeting/register/vJMsdeisqT4qbfW_6LoH1WpNRr_ocGbEuw</a>

# On-Line Partners & Spouses Support Group

*A peer-led group for spouses, domestic partners, and significant others of a person with a mental illness.*

<b>Time &amp; Date</b> <i>Group size limit is 17 participants</i>	<b>Facilitator</b>	<b>Zoom Registration Link</b> <i>You will get a link to join the group and password via your email after you register.</i>
2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays of the month 6:30 to 8 pm	Melissa	<a href="https://us02web.zoom.us/meeting/register/uZUtc-GorD4qzXUemigmnKKYRh8R3cih5Q">https://us02web.zoom.us/meeting/register/uZUtc-GorD4qzXUemigmnKKYRh8R3cih5Q</a>

# On-Line Family Support Groups

*A peer-led support group for families and friends of persons living with a mental illness.*

<b>Time &amp; Date</b> <i>Group size limit is 17 participants</i>	<b>Facilitator</b>	<b>Zoom Registration Link</b> <i>You will get a link to join the group and password via your email after you register.</i>
3 <sup>rd</sup> Tuesday of the month 7 to 8:30 pm	Nancy & Carol	<a href="https://zoom.us/meeting/register/tJUocO6sqT oiGdTqvB_7f8ZJx2MDbEPx6mNu">https://zoom.us/meeting/register/tJUocO6sqT oiGdTqvB_7f8ZJx2MDbEPx6mNu</a>
2 <sup>nd</sup> Tuesday of the month 6 to 7:30 pm (For families with a loved one w/psychosis.)	Nancy H	<a href="https://zoom.us/meeting/register/tJYucO6qqD oqHdSIEQleAhgCAirX24bN3MPO">https://zoom.us/meeting/register/tJYucO6qqD oqHdSIEQleAhgCAirX24bN3MPO</a>
1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays of the month 7 to 8:30 pm	Marilyn	<a href="https://us02web.zoom.us/meeting/register/v5 ArcuigrD4v3FNviVAHkhsGupJwVZ2xfg">https://us02web.zoom.us/meeting/register/v5 ArcuigrD4v3FNviVAHkhsGupJwVZ2xfg</a>
2 <sup>nd</sup> Thursday of the month 7 to 8:30 pm	Elizabeth	<a href="https://us02web.zoom.us/meeting/register/tZ AocOChrigvHNXcAov0n8LS_eHXJDkUZur">https://us02web.zoom.us/meeting/register/tZ AocOChrigvHNXcAov0n8LS_eHXJDkUZur</a>
1 <sup>st</sup> Thursday of the month 7 to 8:30 pm	Gwen & Nellie	<a href="https://us02web.zoom.us/meeting/register/u 5AkcOCgqDstvF0RgZQxnvKHHzKsTI-sIA">https://us02web.zoom.us/meeting/register/u 5AkcOCgqDstvF0RgZQxnvKHHzKsTI-sIA</a>

## In-Person Family Support Groups

*A peer-led support group for families and friends of persons living with a mental illness.*

<b>Time &amp; Date</b> <i>Group size limit is 17 participants</i>	<b>Meeting Details</b>	<b>Location</b>
2 <sup>nd</sup> and 4 <sup>th</sup> Wednesdays 7 to 8:30 pm	Held outdoors, weather permitting. In the case of inclement weather, please visit <a href="https://namisemn.org/education-support/support-services/family-membersfriends.html">https://namisemn.org/education-support/support-services/family-membersfriends.html</a> for changes/cancelations.	NAMI SE MN Parking Lot 1700 Broadway Ave. Rochester



## On-Line Parent Resource Support Groups

A peer-led support group offering ongoing support for parents or guardians of children living with a mental illness.

<b>Time &amp; Date</b> <i>Group size limit is 17 participants</i>	<b>Facilitator</b>	<b>Zoom Registration Link</b> <i>You will get a link to join the group and password via your email after you register.</i>
Wednesdays Noon to 1:30 pm	Jim	<a href="https://us02web.zoom.us/meeting/register/tZctc-Ggrz8vHtRdpaXpQYMOWHpJ3FMPr1D9">https://us02web.zoom.us/meeting/register/tZctc-Ggrz8vHtRdpaXpQYMOWHpJ3FMPr1D9</a>
1 <sup>st</sup> and 3 <sup>rd</sup> Thursdays of the month 7 to 8:30 pm	Jennie	<a href="https://zoom.us/meeting/register/tJ0pdu-rqDMpGdCsbqm33rDGWJcRXZMF3E_J">https://zoom.us/meeting/register/tJ0pdu-rqDMpGdCsbqm33rDGWJcRXZMF3E_J</a>

# In-Person Parent Resource Group

*A peer-led support group for families and friends of persons living with a mental illness.*

<b>Time &amp; Date</b> <i>Group size limit is 17 participants</i>	<b>Meeting Details</b>	<b>Location</b>
2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays of the month 6:30 to 8 pm	To ensure the number of attendees follows state guidelines, please contact Kate Bartlein at <a href="mailto:kbartlein@namimn.org">kbartlein@namimn.org</a> to reserve a spot in this group.	Please email <a href="mailto:kbartlein@namimn.org">kbartlein@namimn.org</a> for details about this group.