

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 10.20

On-Line NAMI Connection Support Groups

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

Time & Date <i>Group size limit is 17 participants</i>	Facilitator	Zoom Registration Link <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	https://us02web.zoom.us/meeting/register/tZUrdOyqqzkrHN3IQhLDYJHEeJdsud9JcT-x
2 nd and 4 th Tuesdays of the Month 6:30 to 8 pm	Debbie	https://zoom.us/meeting/register/tJAud-6qqz0uGtHMSmD-APIXric8C1Ph_gF-
Wednesdays 6:30 to 8 pm	Renee	https://zoom.us/meeting/register/uJMsdeuurjouszW75AZy16bU63Lu1VIdDw
Thursdays 6:30 to 8 pm	Renee & Liz	https://us02web.zoom.us/meeting/register/vJMqf-qrrTIqFbCMIhrZzsoFPKohFivw_A
Fridays 2:30 to 4 pm	Don	https://us02web.zoom.us/meeting/register/tZlqc-GorzspjT6Tyly373xztvWbJeqc3A
Fridays 6:30 to 8 pm	Sierra	https://zoom.us/meeting/register/upAlf-utrzsSkVdXwU7yfbSunolTZ0QsgQ

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.

Time & Date <i>Group size limit is 17 participants</i>	Facilitator	Zoom Registration Link <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	https://us02web.zoom.us/meeting/register/uJMude2qpjkhHhN2peDJHmP8Lhmae9qbXA
Every Tuesday until Oct. 6. Starting Oct. 6, this meeting will take place the 1 st and 3 rd Tuesdays of the month only. 7:30 to 9 pm	Donald & Robbie	https://us02web.zoom.us/meeting/register/vp0tde2vrDktRuEHT9yuSVudQrEXELIH9Q
1 st , 3 rd & 5 th Sundays of the month 6:30 to 8 pm	Tess & Leah	https://us02web.zoom.us/meeting/register/uZAofu-vrD4if-SOjGKbsZZS5KRd9HEc8Q

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.

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

On-Line LGBTQ+ Connection Support Group

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

Time & Date <i>Group size limit is 17 participants</i>	Facilitator	Zoom Registration Link <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	https://us02web.zoom.us/meeting/register/u5Evf-yurjwp5AQUeIPugbFOz09zla1qlg

In-Person NAMI Connection Support Groups

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

Time & Date <i>Group size limit is 17 participants</i>	Meeting Details	Location
Mondays 4 to 5:30 pm	Help outdoors at the JC Pavilion at Winona Lake. Watch the NAMI Winona website for changes due to weather.	Jaycee Pavilion 340 Lake Park Drive Winona
Tuesdays Starts September 1 6 to 7:30 pm	Weather permitting. Meet at picnic tables by the baseball field. Tod is facilitator for this group.	Olcott Park 901 9th St N. Virginia
Tuesdays 7 to 8:30 pm	Held outdoors, weather permitting. In the case of inclement weather, please visit https://namisemn.org/education-support/support-services/ for changes/cancelations.	First Presbyterian Church Parking Lot 101 6th Ave. NW Kasson
Wednesdays 7 to 8:30 pm	Held outdoors, weather permitting. In the case of inclement weather, please visit https://namisemn.org/education-support/support-services/ for changes/cancelations.	NAMI SE MN Office Parking Lot 1700 Broadway Ave. N. Rochester
Wednesdays 5 to 6:30 pm	Door locks when meeting starts. If you arrive late, please call or text 507-402-517.	2610 YH Hanson Albert Lea (Use United Way door)

On-Line Open Door Anxiety & Panic Support Groups

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

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

On-Line Partners & Spouses Support Group

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

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

On-Line Family Support Groups

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

Time & Date <i>Group size limit is 17 participants</i>	Facilitator	Zoom Registration Link <i>You will get a link to join the group and password via your email after you register.</i>
3 rd Tuesday of the month 7 to 8:30 pm	Nancy & Carol	https://zoom.us/meeting/register/tJUocO6sqT oiGdTqvB_7f8ZJx2MDbEPx6mNu
2 nd Tuesday of the month 6 to 7:30 pm (For families with a loved one w/psychosis.)	Nancy H	https://zoom.us/meeting/register/tJYucO6qqD oqHdSIEQIeAhgCAirX24bN3MPO
1 st & 3 rd Wednesdays of the month 7 to 8:30 pm	Marilyn	https://us02web.zoom.us/meeting/register/v5 ArcuigrD4v3FNviVAHkhsGupJwVZ2xfg
2 nd Thursday of the month 7 to 8:30 pm	Elizabeth	https://us02web.zoom.us/meeting/register/tZ AocOChrigvHNXcAov0n8LS_eHXJDkUZur
1 st Thursday of the month 7 to 8:30 pm	Gwen & Nellie	https://us02web.zoom.us/meeting/register/u 5AkcOCgqDstvF0RgZQxnvKHHzKsTI-sIA

In-Person Family Support Groups

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

Time & Date <i>Group size limit is 17 participants</i>	Meeting Details	Location
2 nd and 4 th Wednesdays 7 to 8:30 pm	Held outdoors, weather permitting. In the case of inclement weather, please visit https://namisemn.org/education-support/support-services/family-membersfriends.html 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.

Time & Date <i>Group size limit is 17 participants</i>	Facilitator	Zoom Registration Link <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	https://us02web.zoom.us/meeting/register/tZctc-Ggrz8vHtRdpaXpQYMOWHpJ3FMPr1D9
1 st and 3 rd Thursdays of the month 7 to 8:30 pm	Jennie	https://zoom.us/meeting/register/tJ0pdu-rqDMpGdCsbqm33rDGWJcRXZMF3E_J

In-Person Parent Resource Group

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

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