

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 that include wearing a mask, staying 6 feet from other participants, and signing a waiver of liability.

*Updated 11.19.2020*

# 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/tZUrdOyqqzkrHN3lQhLDYJHEeJdsud9JcT-x">https://us02web.zoom.us/meeting/register/tZUrdOyqqzkrHN3lQhLDYJHEeJdsud9JcT-x</a>
Mondays 6:30-8:00 pm	Curt	<a href="https://us02web.zoom.us/meeting/register/tZYkdO2sqD4uE91h8FSinNlwgG1UWoym1J1Y">https://us02web.zoom.us/meeting/register/tZYkdO2sqD4uE91h8FSinNlwgG1UWoym1J1Y</a>
Mondays 12:00 noon to 1:30 pm	Mary & Kathy	For group information and Zoom link, please call <b>612-387-7036</b> and leave a voicemail message. One of the facilitators will get back to you.
Tuesdays 7:00-8:30 pm	NAMI Southeast Minnesota	For more information please visit <a href="https://namisemn.org/education-support/support-services/">https://namisemn.org/education-support/support-services/</a>
2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays of the Month 6:30 to 8 pm	Debbie	<a href="https://zoom.us/meeting/register/tJAud-6qqz0uGtHMSmD-APIXric8C1Ph_gF-">https://zoom.us/meeting/register/tJAud-6qqz0uGtHMSmD-APIXric8C1Ph_gF-</a>

## On-Line NAMI Connection Support Groups (continued)

*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>
Wednesdays 6:30 to 8 pm <b>(no group 11/25)</b>	Renee	<a href="https://zoom.us/meeting/register/uJMsdeuuriouzW75AZy16bU63Lu1VldDw">https://zoom.us/meeting/register/uJMsdeuuriouzW75AZy16bU63Lu1VldDw</a>
Wednesdays 7:00-8:30 pm	NAMI Southeast Minnesota	For more information please visit <a href="https://namisemn.org/education-support/support-services/">https://namisemn.org/education-support/support-services/</a>
Thursdays 6:30 to 8 pm <b>(no group 11/26)</b>	Renee & Liz	<a href="https://us02web.zoom.us/meeting/register/vJ Mqf-qrrTlqFbCMlhrZzsoFPKohFivw_A">https://us02web.zoom.us/meeting/register/vJ Mqf-qrrTlqFbCMlhrZzsoFPKohFivw_A</a>
Fridays 2:30 to 4 pm	Don	<a href="https://us02web.zoom.us/meeting/register/tZ lqc-GorzspjT6Tyly373xztvWbJeqc3A">https://us02web.zoom.us/meeting/register/tZ lqc-GorzspjT6Tyly373xztvWbJeqc3A</a>
Fridays 6:30 to 8 pm	Sierra & Tom	<a href="https://zoom.us/meeting/register/upAlf-utrzzskVdXwU7yfb sunoITZ0QSgQ">https://zoom.us/meeting/register/upAlf-utrzzskVdXwU7yfb sunoITZ0QSgQ</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>
1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays of the month 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/tJcudu6qrzgoHtbu7aelt650IK4x8tIsOwyb">https://zoom.us/meeting/register/tJcudu6qrzgoHtbu7aelt650IK4x8tIsOwyb</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 & Marcus	<a href="https://us02web.zoom.us/meeting/register/u5Evf-yurjwp5AQUeIPugbFOz09zla1qlg">https://us02web.zoom.us/meeting/register/u5Evf-yurjwp5AQUeIPugbFOz09zla1qlg</a>

# In Person Connection Support Group

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

<b>Time &amp; Date</b> <i>Group size limit is 17 participants</i>	<b>Facilitator</b>	<b>Location</b>
Mondays, 7:00 to 8:30pm	Judy	VFW 208 3 <sup>rd</sup> Street <b>Winona</b>

# 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>
Tuesdays 1:00 to 2:30 pm	Mary & Pam	For group information and Zoom link, please call <b>612-387-7036</b> and leave a voicemail message. One of the facilitators will get back to you.
1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> Tuesday of the month 7 to 8:30 pm	Shawn & Beth	<a href="https://zoom.us/meeting/register/v5EkdeitqD4uj0hK1WXVE0cXIE0VKdrnHQ">https://zoom.us/meeting/register/v5EkdeitqD4uj0hK1WXVE0cXIE0VKdrnHQ</a>
2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays of the month 6:30 to 8 pm <b>(NOTE: group will NOT meet on Thanksgiving Day, but instead will meet Wed. 11/25 from 6:30-8 pm)</b>	Mark & Bruce	<a href="https://zoom.us/meeting/register/vJMsdeisqT4qbfW_6LoH1WpNRR_ocGbEuw">https://zoom.us/meeting/register/vJMsdeisqT4qbfW_6LoH1WpNRR_ocGbEuw</a>  (use the same link for the Wed. 11/25 group)

# 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>
1st and 3rd Monday of the month 5:30 to 7:00 pm	NAMI Southeast Minnesota	For more information 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>
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/tJYucO6gg DoqHdSIEQleAhgCAirX24bN3MPO">https://zoom.us/meeting/register/tJYucO6gg DoqHdSIEQleAhgCAirX24bN3MPO</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 5AkOCgqDdstvF0RgZQxnvKHHzKsTI-sIA">https://us02web.zoom.us/meeting/register/u 5AkOCgqDdstvF0RgZQxnvKHHzKsTI-sIA</a>

# Hybrid Family Support Groups

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

*Hybrid groups combine members who participate in person and via Zoom.*

<b>Time &amp; Date</b> <i>Group size limit is 17 participants</i>	<b>In Person Location</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> and 4 <sup>th</sup> Tuesdays of the month 7 to 8:30 pm	722 33rd Avenue North <b>St. Cloud</b>  The sign on the building says <b>St. Cloud StandDown.</b> Enter on the side of the building where the ramp leads to the side door.	<a href="https://us02web.zoom.us/meeting/register/tZwoduCopz0vEtMB9ZWhsBTDsAAEvdND3jiC">https://us02web.zoom.us/meeting/register/tZwoduCopz0vEtMB9ZWhsBTDsAAEvdND3jiC</a>

# 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>
2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays of the month 6:30 to 8 pm	Heather & Lynn	<a href="https://us02web.zoom.us/meeting/register/tZUsdeCqqTkrHdwJ1SUYEaE1vD4hGJI7TfWL">https://us02web.zoom.us/meeting/register/tZUsdeCqqTkrHdwJ1SUYEaE1vD4hGJI7TfWL</a>
Wednesdays Noon to 1:30 pm	Jim	<a href="https://us02web.zoom.us/meeting/register/tZctc-Ggrz8vHtRdpaXpQYMOWHpJ3FMPPr1D9">https://us02web.zoom.us/meeting/register/tZctc-Ggrz8vHtRdpaXpQYMOWHpJ3FMPPr1D9</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>