Due to COVID-19, NAMI Minnesota is currently offering most **Support Group meetings online**.

For general support group questions, please call or text 763-301-9440.

**Where to find groups in this list:**
Connections support groups, for adults & young adults…..pages 2-6
Dual Diagnosis support groups…………………………….page 7
Open door support groups, for adults living with anxiety....page 7
Family support groups and parent resource groups……….pages 8-12

**On-Line Support Groups** offer a safe, respectful way for people to attend via Zoom. You will need to register for your support group before attending. You will receive an email with the link to join the Zoom meeting.

In NAMI Minnesota support groups, some people may share their pronouns (he/she/they/ze) or put their pronouns in writing next to their name in Zoom. This is to let you know how they want you to refer to them. Pronouns specifically refer to a person’s gender and not their emotional or sexual attraction to other people. We respect how people personally identify and ask that anyone attending a NAMI Minnesota support group do the same. Our groups are a place for people to find support, comfort, and respect rather than additional stress or exclusion.

Support groups are designed 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 adults (18+) who live with a mental illness themselves. Due to privacy and confidentiality, groups are not open to observers.

*Updated April 30, 2021*
# On-Line NAMI Connection Support Groups

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

<table>
<thead>
<tr>
<th>Time &amp; Date</th>
<th>Facilitator</th>
<th>Zoom Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays 6:30 to 8 pm</td>
<td>Rebecca &amp; Joelle</td>
<td><a href="https://us02web.zoom.us/meeting/register/tZUrdOyqqzkrHN3lQhLDYJHEeJdsud9JcT-x">Zoom Registration Link</a></td>
</tr>
<tr>
<td>Mondays 6:30-8:00 pm</td>
<td>Curt</td>
<td><a href="https://us02web.zoom.us/meeting/register/tZYkdO2sqD4uE91h8FSinNIwgG1UWoym1J1Y">Zoom Registration Link</a></td>
</tr>
<tr>
<td>Mondays 12:00 noon to 1:30 pm</td>
<td>Mary &amp; Kathy</td>
<td>For group information and Zoom link, please call <strong>612-387-7036</strong> and leave a voicemail.</td>
</tr>
<tr>
<td>Tuesdays 7:00-8:30 pm</td>
<td>NAMI Southeast Minnesota</td>
<td>For more information please visit <a href="https://namisemn.org/education-support/support-services/">https://namisemn.org/education-support/support-services/</a></td>
</tr>
</tbody>
</table>
**On-Line NAMI Connection Support Groups (continued)**

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

<table>
<thead>
<tr>
<th>Time &amp; Date</th>
<th>Facilitator</th>
<th>Zoom Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wednesdays</strong></td>
<td><strong>Debbie &amp; Cherolyn</strong></td>
<td><a href="https://zoom.us/meeting/register/uJMsdeuurjouzW75AZy16bU63Lu1VIdDw">https://zoom.us/meeting/register/uJMsdeuurjouzW75AZy16bU63Lu1VIdDw</a></td>
</tr>
<tr>
<td>6:30 to 8 pm</td>
<td><strong>NAMI Southeast Minnesota</strong></td>
<td>For more information please visit <a href="https://namisemn.org/education-support/support-services/">https://namisemn.org/education-support/support-services/</a></td>
</tr>
<tr>
<td><strong>Wednesdays</strong></td>
<td><strong>Renee &amp; Liz</strong></td>
<td><a href="https://us02web.zoom.us/meeting/register/vJMqf-qrrTlqFbCMIhrZzsoFPKohFivw_A">https://us02web.zoom.us/meeting/register/vJMqf-qrrTlqFbCMIhrZzsoFPKohFivw_A</a></td>
</tr>
<tr>
<td>7:00-8:30 pm</td>
<td><strong>Althea &amp; Nancy (Mankato group)</strong></td>
<td><a href="https://zoom.us/meeting/register/tJIodemrzktHt2YrZzGFoRXZI38koRbR5u">https://zoom.us/meeting/register/tJIodemrzktHt2YrZzGFoRXZI38koRbR5u</a></td>
</tr>
<tr>
<td><strong>Thursdays</strong></td>
<td><strong>Don</strong></td>
<td><a href="https://us02web.zoom.us/meeting/register/tZlqc-GorzspjT6Tyly373xztvWbJeqc3A">https://us02web.zoom.us/meeting/register/tZlqc-GorzspjT6Tyly373xztvWbJeqc3A</a></td>
</tr>
<tr>
<td>6:30 to 8 pm</td>
<td><strong>Sierra &amp; Tom</strong></td>
<td><a href="https://zoom.us/meeting/register/upAlf-utrzsskVdxwU7yibsunoITZ0QSgQ">https://zoom.us/meeting/register/upAlf-utrzsskVdxwU7yibsunoITZ0QSgQ</a></td>
</tr>
</tbody>
</table>

*Group size limit is 17 participants.*
# On-Line African-American focused Connection Support Group

**A peer-led support group for people in the African-American community who live with mental illness.**

<table>
<thead>
<tr>
<th>Time &amp; Date</th>
<th>Facilitator</th>
<th>Zoom Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thursdays</strong></td>
<td>Ishaq</td>
<td><a href="https://us02web.zoom.us/meeting/register/tZEsf-GtrzooE9brMLs0eKyPuMC3alZsZICp">https://us02web.zoom.us/meeting/register/tZEsf-GtrzooE9brMLs0eKyPuMC3alZsZICp</a></td>
</tr>
<tr>
<td>6:00 - 7:30 pm</td>
<td></td>
<td>or call/text <strong>763-301-9940</strong> to register</td>
</tr>
</tbody>
</table>

# On-Line LGBTQ+ Connection Support Group

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

<table>
<thead>
<tr>
<th>Time &amp; Date</th>
<th>Facilitator</th>
<th>Zoom Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Saturdays</strong></td>
<td>Marion, Marcus &amp; Jen</td>
<td><a href="https://us02web.zoom.us/meeting/register/u5Evf-yuriwp5AQUelPugbFOz09zla1qlg">https://us02web.zoom.us/meeting/register/u5Evf-yuriwp5AQUelPugbFOz09zla1qlg</a></td>
</tr>
<tr>
<td>1 to 2:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sundays</strong></td>
<td>Audrey</td>
<td><a href="https://us02web.zoom.us/meeting/register/tZIkcOmuqj0pGtbiQh1wsKjtr9-lupt4qpW">https://us02web.zoom.us/meeting/register/tZIkcOmuqj0pGtbiQh1wsKjtr9-lupt4qpW</a></td>
</tr>
<tr>
<td>1:00 to 2:30pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Time &amp; Date</th>
<th>Facilitator</th>
<th>Zoom Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays 7:30 to 9 pm</td>
<td>Nathan</td>
<td><a href="https://us02web.zoom.us/meeting/register/uJMude2qpljkpHhN2peDJHmP8Lhme9qbaXA">Link</a></td>
</tr>
<tr>
<td>1st and 3rd Tuesdays of the month</td>
<td>Maggie &amp; Helena</td>
<td><a href="https://us02web.zoom.us/meeting/register/vp0te2vrDktRc9yvSvudQrEXbLiH9Q">Link</a></td>
</tr>
<tr>
<td>1st, 3rd &amp; 5th Sundays of the month</td>
<td>Tess &amp; Leah</td>
<td><a href="https://us02web.zoom.us/meeting/register/uZAofu-vrD4if-S0jGKbsZZ55Krds9HEc8Q">Link</a></td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Time &amp; Date</th>
<th>Facilitator</th>
<th>Zoom Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>4th Thursday of the month 6:30 to 8 pm</td>
<td>Addyson &amp; Brianna</td>
<td><a href="https://zoom.us/meeting/register/tJcudu6qrstuvwxyz">Link</a></td>
</tr>
</tbody>
</table>
**In Person Connection Support Groups**

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

In person participants are **required to wear masks and follow COVID-19 protocols**, including social distancing. Individuals should stay home if they have any symptoms of illness or have been exposed to COVID-19.

<table>
<thead>
<tr>
<th>Time &amp; Date</th>
<th>In Person Location</th>
<th>For more information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays, 6:30 - 8:00pm</td>
<td>235 Chestnut Street Virginia MN 55792</td>
<td>Group led by Tod. For more info, contact <a href="mailto:peerprogramcoordinator@namimn.org">peerprogramcoordinator@namimn.org</a></td>
</tr>
</tbody>
</table>
| **Winona Connections**  
  Mondays, 7:00 pm to 8:30 pm | VFW  
  208 E. 3rd Street  
  Winona, MN | For more information, call Judy 507-450-0265, Mary 507-454-4047 or Rich 507-459-9089. |
| **Albert Lea Connections**  
  Wednesdays, 5:00pm-6:30pm | 2610 YH Hanson  
  Albert Lea, MN 56007 | Call Sara at 507-377-5483 |
**In Person Dual Diagnosis Support Groups**

A peer-led support group for adults who live with a mental illness and a substance use disorder or chemical dependency. In person participants are required to wear masks and follow COVID-19 protocols, including social distancing. Individuals should stay home if they have any symptoms of illness or have been exposed to COVID-19.

<table>
<thead>
<tr>
<th>Time &amp; Date</th>
<th>In Person Location</th>
<th>For more information</th>
</tr>
</thead>
</table>
| Tuesdays, 11:00am-12:30 pm | Stage by Staige  
11 E. Veterans Memorial Hwy  
Kasson, MN 55944 | [https://namisemn.org/events/event-calendar.html/event/2021/04/13/1618333200/dual-diagnosis-support-group/332133](https://namisemn.org/events/event-calendar.html/event/2021/04/13/1618333200/dual-diagnosis-support-group/332133) |

**On-Line Open Door Anxiety & Panic Support Groups**

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

<table>
<thead>
<tr>
<th>Time &amp; Date</th>
<th>Facilitator</th>
<th>Zoom Registration Link</th>
</tr>
</thead>
</table>
| 1st, 3rd & 5th Tuesday of the month  
7 to 8:30 pm | Shawn & Beth | [https://zoom.us/meeting/register/v5EkdeitgD4uj0hK1WXVE0cXI0VKdrnHQ](https://zoom.us/meeting/register/v5EkdeitgD4uj0hK1WXVE0cXI0VKdrnHQ) |
| 2nd & 4th Thursdays of the month  
6:30 to 8 pm | Mark & Bruce | [https://zoom.us/meeting/register/vJMsdeiqT4qbfW_6LoH1WpNRr_ocGbEuw](https://zoom.us/meeting/register/vJMsdeiqT4qbfW_6LoH1WpNRr_ocGbEuw) |
| 2nd & 4th Saturdays of the month  
12:00 noon - 1:30 pm | Nick & Kyle | [https://zoom.us/meeting/register/tJAkfuCrrTggHtR2asM36dDisKUfWRmL4mTP](https://zoom.us/meeting/register/tJAkfuCrrTggHtR2asM36dDisKUfWRmL4mTP) |
# On-Line Family Support Groups

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

<table>
<thead>
<tr>
<th>Time &amp; Date</th>
<th>Facilitator</th>
<th>Zoom Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st and 3rd Monday of the month 5:30 to 7:00 pm</td>
<td>NAMI Southeast Minnesota</td>
<td>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></td>
</tr>
<tr>
<td>3rd Tuesday of the month 7 to 8:30 pm</td>
<td>Nancy, Carol &amp; Laura</td>
<td><a href="https://zoom.us/meeting/register/tJUocO6sqToiGdTqvB_7f8ZJx2MDbEPx6mNu">https://zoom.us/meeting/register/tJUocO6sqToiGdTqvB_7f8ZJx2MDbEPx6mNu</a></td>
</tr>
<tr>
<td><strong>First Episode Psychosis Group</strong> 2nd Monday of the month, 6:00 to 7:30 pm (For families with a loved one w/psychosis.)</td>
<td>Nancy H</td>
<td><a href="https://zoom.us/meeting/register/tJYucO6qgDoqHdSIEQleAhgCAirX24bN3MPO">https://zoom.us/meeting/register/tJYucO6qgDoqHdSIEQleAhgCAirX24bN3MPO</a></td>
</tr>
<tr>
<td>1st &amp; 3rd Wednesdays of the month 7 to 8:30 pm</td>
<td>Marilyn</td>
<td><a href="https://us02web.zoom.us/meeting/register/v5ArcuiigrD4v3FNviVAHkhsGupJwVZ2xf">https://us02web.zoom.us/meeting/register/v5ArcuiigrD4v3FNviVAHkhsGupJwVZ2xf</a></td>
</tr>
<tr>
<td><strong>Moorehead Family Support Group</strong> 2nd and 4th Thursdays, 6:30-8:00pm</td>
<td>Denise</td>
<td><a href="https://us02web.zoom.us/meeting/register/tZMkde2tqjssH9ViVydOnUbJPklWim3-SxIN">https://us02web.zoom.us/meeting/register/tZMkde2tqjssH9ViVydOnUbJPklWim3-SxIN</a></td>
</tr>
</tbody>
</table>
| **Grand Rapids** Tuesdays, 5:30pm starting 4/20/2021 | Mary and Judy | To join, email: gr.mn.nami@gmail.com  
Or leave a phone message at 218-999-7658 |
## On-Line Family Support Groups

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

<table>
<thead>
<tr>
<th>Time &amp; Date</th>
<th>Facilitator</th>
<th>Zoom Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd Thursday of the month</td>
<td>Elizabeth</td>
<td><a href="https://us02web.zoom.us/meeting/register/tZAocOChrjgvHNXcAov0n8LS__eHXJDkUZur">https://us02web.zoom.us/meeting/register/tZAocOChrjgvHNXcAov0n8LS__eHXJDkUZur</a></td>
</tr>
<tr>
<td>7 to 8:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1st Thursday of the month</td>
<td>Gwen &amp; Nellie</td>
<td><a href="https://us02web.zoom.us/meeting/register/u5AkcOCgqDstvFOrgZQxrvKHHzKsT-5lA">https://us02web.zoom.us/meeting/register/u5AkcOCgqDstvFOrgZQxrvKHHzKsT-5lA</a></td>
</tr>
<tr>
<td>7 to 8:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1st and 3rd Monday of the</td>
<td>Washington County</td>
<td><a href="https://us02web.zoom.us/meeting/register/tZ0ocOitpjoyE9FZavzTtgXG3No_2EG6Kk4T">https://us02web.zoom.us/meeting/register/tZ0ocOitpjoyE9FZavzTtgXG3No_2EG6Kk4T</a></td>
</tr>
<tr>
<td>month</td>
<td>facilitators</td>
<td></td>
</tr>
<tr>
<td>6:30-8:00pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## On-Line Partner & Spouse Support Group

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

<table>
<thead>
<tr>
<th>Time &amp; Date</th>
<th>Facilitator</th>
<th>Zoom Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd &amp; 4th Tuesdays of the</td>
<td>Melissa</td>
<td><a href="https://us02web.zoom.us/meeting/register/uZUtc-GorD4qsUXemigmnKKYRh8R3cih5Q">https://us02web.zoom.us/meeting/register/uZUtc-GorD4qsUXemigmnKKYRh8R3cih5Q</a></td>
</tr>
<tr>
<td>month</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 to 8 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1st Friday of the month</td>
<td>Jeff &amp; Aaron</td>
<td><a href="https://us02web.zoom.us/meeting/register/tZvcc-2urDwpGtWJlfGuh5Ur6-Ze-qDnLW">https://us02web.zoom.us/meeting/register/tZvcc-2urDwpGtWJlfGuh5Ur6-Ze-qDnLW</a> Gn</td>
</tr>
<tr>
<td>6:30 to 8:00 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Grupo de Apoyo para Familias, en línea

**On-Line Spanish-language Family Support Groups**

*Un grupo de apoyo por y para familias en la comunidad Latina.*

*Spanish-language peer support group for families in the Latine community.*

<table>
<thead>
<tr>
<th>Fecha y hora límite máximo: 17 participantes</th>
<th>¿Preguntas?</th>
<th>Para la información de Zoom (video chat)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>primer y tercer miércoles de cada mes</strong> de 6:30 a 8:00 pm (21 de abril, 5 de mayo, 19 de mayo)</td>
<td>Si tiene preguntas favor de llamar o mandar mensaje de texto a Cherolyn al 763-301-9940</td>
<td>Mande un mensaje de texto que diga “grupo de apoyo” al 763-301-9940</td>
</tr>
</tbody>
</table>
## Hybrid Family Support Groups

A peer-led support group for families and friends of persons living with a mental illness. Combines members who participate in person and via Zoom. In person participants are required to wear masks and follow COVID-19 protocols.

<table>
<thead>
<tr>
<th>Time &amp; Date</th>
<th>In Person Location</th>
<th>Zoom Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd and 4th Tuesdays of the month 7 to 8:30 pm</td>
<td>722 33rd Avenue North, St. Cloud In the St. Cloud StandDown building. Enter on the side, where the ramp leads to the side door.</td>
<td><a href="https://us02web.zoom.us/meeting/register/tZwoduCopz0vEtMB9ZWhsBTdAsAEvdND3jiC">https://us02web.zoom.us/meeting/register/tZwoduCopz0vEtMB9ZWhsBTdAsAEvdND3jiC</a></td>
</tr>
</tbody>
</table>

## 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.

<table>
<thead>
<tr>
<th>Time &amp; Date</th>
<th>Facilitator</th>
<th>Zoom Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd &amp; 4th Tuesdays of the month 6:30 to 8 pm</td>
<td>Heather &amp; Lynn</td>
<td><a href="https://us02web.zoom.us/meeting/register/tZUsdeCqqTkrdHdwJ1SUAYeA1vD4hGJ1LTtWL">https://us02web.zoom.us/meeting/register/tZUsdeCqqTkrdHdwJ1SUAYeA1vD4hGJ1LTtWL</a></td>
</tr>
<tr>
<td>Wednesdays Noon to 1:30 pm</td>
<td>Jim</td>
<td><a href="https://us02web.zoom.us/meeting/register/tZtc-Ggrz8yHtRdpaXpQYMOWHpJ3FMPr1D9">https://us02web.zoom.us/meeting/register/tZtc-Ggrz8yHtRdpaXpQYMOWHpJ3FMPr1D9</a></td>
</tr>
<tr>
<td>1st and 3rd Thursdays of the month 7 to 8:30 pm</td>
<td>Jennie</td>
<td><a href="https://zoom.us/meeting/register/tJ0pdu-rqDMpGdCsbqm33rDGWjcrXZMF3E_J">https://zoom.us/meeting/register/tJ0pdu-rqDMpGdCsbqm33rDGWjcrXZMF3E_J</a></td>
</tr>
</tbody>
</table>
Hybrid Parent Resource Support Groups

A peer-led support group offering ongoing support for parents or guardians of children living with a mental illness. *Combines members who participate in person and via Zoom. In person participants are required to wear masks and follow COVID-19 protocols.*

<table>
<thead>
<tr>
<th>Time &amp; Date</th>
<th>In Person Location</th>
<th>Zoom Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Group size limit is 17 participants</strong></td>
<td>Handke Center, 1170 Main Street Elk River</td>
<td>You will get a link to join the group and password via your email after you register.</td>
</tr>
<tr>
<td>3rd Monday of the month</td>
<td></td>
<td>Please call or text <strong>Sue S.</strong> at 763-283-1838 for the Zoom link or for more information.</td>
</tr>
</tbody>
</table>