

NAMI Greater Orlando SUPPORT GROUPS



The **Consumer Support Group** follows NAMI's Connection model and is open to adults 18 years of age and older living with a mental illness.

MAITLAND LOCATION

Date & Time: Every Tuesday @ 6:30 p.m.
Location: *Asbury United Methodist Church*
220 West Horatio Avenue, Maitland, FL 32751 – Room 14

ORLANDO LOCATIONS

Date & Time: The 2nd & 4th Tuesday of each month @ 6:30 p.m. *in Spanish, en Español*
Location: Engelwood Community Center
6123 La Costa Drive, Orlando, FL 32807

SOUTHWEST ORLANDO LOCATION

Date & Time: The 2nd & 4th Tuesday of each month @ 6:30 p.m.
Location: *St. Luke's United Methodist Church*
4851 S. Apopka-Vineland Road, Orlando, FL 32819 – Bldg. B, Room 201

SEMINOLE COUNTY LOCATION

Date & Time: *Effective May 1st* - The 1st & 3rd Wednesday of each month @ 5:30 p.m.
Location: *Bay House*, 350-B South Bay Avenue
Sanford, FL 32771
Call (407) 321-3154 for more directions.



The **Family Support Group** is open to family members, caregivers or friends of people living with a mental illness.

MAITLAND LOCATION

Date & Time: Every Tuesday @ 6:30 p.m.
Location: *Asbury United Methodist Church*
220 West Horatio Avenue, Maitland, FL 32751 – Room 15

SOUTHWEST ORLANDO LOCATION

Date & Time: The 2nd & 4th Tuesday of each month @ 6:30 p.m.
Location: *St. Luke's United Methodist Church*
4851 S. Apopka-Vineland Road, Orlando, FL 32819 – Bldg. B, Room 202

NAMI Greater Orlando • 1800 Mercy Drive, Ste. 300, Mailbox 4, Orlando, FL 32808
Tel: (407) 253-1900 • Fax: (407) 253-1912 • www.namigo.org

Meeting times and locations are subject to change. Please check our website for any updates.

Other Area Support Groups

NAMI Volusia County & Space Coast

Contact **Denise Gagnier** (NAMI Volusia-Flagler) at **(386) 943-4211** or **Linda Palmer-Reeves** (NAMI Space Coast) at **(321) 433-0257**.

Central Florida Bipolar Support – This independent group is open to anyone living with bipolar disorder. For more information, call **(321) 800-8279**.

People, Inc. (Mental Health Association of Central Florida) – This group is open to community members living with a mental illness.

Date & Time: Mondays 2-4pm

Information: For more information or to register, contact Maria Fuentes at programcoordinator@mhacf.org or call **(407) 898-0110**.

Orlando Depression, Bipolar, Anxiety, PTSD and Veterans Support Group - This is an independent group. For more information, call Markelle @ **(407) 782-5961**.

Recovery International – This group is based on the Recovery International Method which is a system of cognitive behavioral techniques developed by neuropsychiatrist Abraham Low, MD. For more information, call Mary Reetz @ **(407) 660-2003**.

Suicide Anonymous Online Support Group – Based on the Twelve Steps of Alcoholics Anonymous, this program is designed to help people with suicidal preoccupation and behavior. This is done by providing a safe environment where members can freely share their suicidal thoughts and/or tendencies, help prevent suicides and provide each other with ways of support and healing from these destructive patterns. Because of the anonymity and non-professional status of twelve-step programs, members can share their stories without fear of being judged or committed to psychiatric hospitals.

For more information, e-mail sagroups@yahoogleroups.com.

To subscribe, visit: sagroupsupport-subscribe@yahoogleroups.com.

****If you or someone you know is in suicidal crisis, please seek help.
Contact LifeLine at (800) 273-TALK (8255) today!****

Healing After a Loved One's Suicide (HALOS)

~ Peer-led open support group held on the 2nd & 4th Thursdays of each month. Call David Zampella for times and locations at **(407) 947-8683**.

For more information, please contact the **NAMIGO Office @ (407) 253-1900**
or visit our website: www.namigo.org.