

## **NAMI Alameda County**

### **Support Groups in Alameda County for the families of persons who have a mental illness**

The family support groups which are listed below provide those who attend with the opportunity to ask questions, share their experiences and support each other as they struggle to help and to cope with a family member with a mental illness. Most of the groups are intended for families of an adult with mental illness. There is no charge to attend and information shared at meetings is kept confidential by participants.

*Note: meeting dates, times, and places are subject to change; please call before attending.*

**NAMI Alameda County African American Family Support Group** - Fourth Tuesday, 5:30-7:30 pm; 954 60th St., Suite 10, Oakland. Call the MHA office, 510-835-5010, for more info.

**NAMI Alameda County South Alameda County Family Support Group** – Second & fourth Tuesday, 7:00 pm, **NEW LOCATION**--31600 Alvarado Blvd., Union City. Support for the caregivers—we find hope with friends and family who understand. Call Patty Espeseth, MFT, to let us know you're coming, 510-728-1615.

**NAMI East Bay Family Support Group** - Second Wednesday, 7 pm., at the Albany United Methodist Church, 980 Stannage Ave. at Marin Ave. in Albany, enter Stannage Ave. door & come upstairs; call 510-524-1250 for more info.

**NAMI East Bay Support Group for Families of Children, Adolescents & Teens** with mental illness, third Tuesday, 7:00 pm., at the Albany United Methodist Church; call 510-524-1250 for more info.

**NAMI Tri-Valley Family Support Groups** –

Second Monday, 7:15-9 pm, Livermore Public Library at 1188 S. Livermore Ave. (in the Library Board Room).

Third Monday, 7:15-9 pm, Pathways To Wellness, 5674 Stoneridge Dr., Ste. 114, Pleasanton. For more information, call Marsha McInnis at 925-980-5331 or email [marsha\\_mci@comcast.net](mailto:marsha_mci@comcast.net) Also see our website [www.nami-trivalley.org](http://www.nami-trivalley.org)

**Berkeley Bipolar Support Group** - Every Thursday, 7-9 pm & Saturday 11-1 pm, Herrick Hospital, Level A, 2001 Dwight Way. Open to both families and to persons being treated for Bipolar Disorder. For more info call Janna Wertz at 510-653-2959 or Mayona Endahl at 510-420-0868.

**Berkeley Families Support Group** - Every Tuesday, 6:30-8:30 pm at 2636 M.L. King Jr. Way, Berkeley. For parents, spouses and partners. Call Marcela Sabin at 510-981-7668 for more info.

**Family Caregivers of Older Adults with Mental Illness** – Fourth Thursday of the month, 1-2:30 pm, North Oakland Senior Center. Contact Roberta Tracy at 510-601-1074 for more info or Monica Nowakowski at [monicalcsw@comcast.net](mailto:monicalcsw@comcast.net)

**Chinese-Language Family Support Groups** – Family Support for Healthy Minds—Mandarin & Cantonese speaking families meet one Saturday each month from 10 am-noon. Meetings are held at 523-8th St. in Oakland. Call 510-522-0924 for more info.

**Faith-based Support Group - \*New Name\* “Hope for Hurting Families & Friends”**

**\*New Time & Location\*** - 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month, 7-9 pm at Crosswinds Church, 6444 Sierra Ct., Rm.104, Dublin. A group for anyone with a loved one affected by mental health issues. For more info, contact Pat Ackerman at 925-846-4894 or trishack@comcast.net

**Kaiser Family Education and Support Group** – 6 week series; Wednesdays, 5:30-7 pm, 3900 Broadway, Oakland. Call Cathy Farrell at 510-752-6714 to pre-register. **Not a drop-in group.** Individual must be a Kaiser member to attend this group.

**Family/Caregiver/Provider Support Group** – Every Wednesday of the month, 6-7 pm at Fairmont Hospital. 15400 Foothill Blvd., Building C, San Leandro. Call Maurice Fried at 510-895-4369 for more info.

**Parent Resource and Support Group** – First & third Tuesday of the month, 7-9 pm, Pathways To Wellness, 5674 Stoneridge Dr., Ste. 116, Pleasanton. For parents of minors. Call Suzi Glorioso at 925-443-1797 or email [glorios4@comcast.net](mailto:glorios4@comcast.net) for more info.

**Support Groups intended for families who currently have or have previously had a relative in the named facility**

**Villa Fairmont Support Group** - Every Wednesday at 6:00 pm; 15200 Foothill Blvd., San Leandro; meets in the conference room. Call Maisie Ketron/Ann Elliott at 510-352-9690 for more info.

**Support Groups in Alameda County for people who have a mental illness**

**DBSA Castro Valley** - Every Friday, 7:15-8:45 pm, Eden Hospital, Conference Room A, 20103 Lake Chabot Rd. For more info email [dbsa.castrovalley@comcast.net](mailto:dbsa.castrovalley@comcast.net), website [www.dbsalliance.org/castrovalley](http://www.dbsalliance.org/castrovalley) or call Al Pereira, chapter facilitator, at 925-462-6415.

**DBSA Tri-Valley, Pleasanton** – Every Wednesday, 7:15-8:45 pm, St. Clare's Episcopal Church, Classroom 1, 3350 Hopyard Rd. For more info email [dbsa.trivalley@comcast.net](mailto:dbsa.trivalley@comcast.net), website [www.dbsalliance.org/tri-valleybipolar](http://www.dbsalliance.org/tri-valleybipolar) or call Al Pereira, chapter facilitator, at 925-462-6415.

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**The Depression and Sadness Support Group** – A program of the Life Reaching Across to Life Organization – Meets second & fourth Monday, 7:30-9 pm, 3833 Peralta Blvd., Suite D, Fremont. For more info call J. “Scotty” Scott at 510-745-9500 or Rev. Barbara Meyers at 510-796-5722.

**This listing of support groups is published by NAMI Alameda County** which is an organization of relatives – parents, spouses, siblings and children – of people who have a serious mental illness. NAMI Alameda County provides information, education and mutual support to families in Alameda County. It holds educational meetings on the second Thursday of each month beginning at 7:30 p.m. at Eden Medical Center in Castro Valley. NAMI Alameda County also publishes the monthly Families Advocate newsletter. NAMI Alameda County is a program of the Mental Health Association of Alameda County.