



FAMILY SUPPORT GROUPS

For family members and loved ones of those with mental health conditions

WHAT TO EXPECT

Our family support groups are:

- Led by trained volunteers with lived experience
- Drop-in, no regular attendance required
- Free to participants
- Confidential and safe
- Judgement free

MAKE CONNECTIONS

Our groups allow you to connect with others who:

- Understand the challenges you face and the opportunities ahead
- Have had the similar experiences
- Will help you learn new coping skills
- Will share their successes and strategies

Day	When	Time	Type	Format	Contact
Monday	2nd 4th	7-9pm 7-9pm	Family/Adult Family/Adult	Virtual In-person/Concord	Grace Scott ConcordGroupGrace@gmail.com
	3rd	6:30-8:30pm	Family/Adult	Virtual	Shirley Varney 603-332-6390 or Kathy KBoisclair@metrocast.net
Tuesday	1st & 3rd	6-7:30pm	Family/ Co-Occurring	Virtual	Pam 603-1818 PamelaFallonBanks@gmail.com
	1st & 3rd	6-7:30pm	Family/Parent (of under 18 yrs)	In-person Concord	Jessica Renda 603-568-5549 jrenda@naminh.org
	2nd	6pm	Famly/Psychosis	Virtual	info@naminh.org
	2nd	6-7:30pm	Family/Parent (of 16-26 yrs)	In-person Portsmouth	Michelle Park ParkMichelleNAMI@gmail.com
Wednesday	2nd & 4th	6:30-8pm	Family/Parent (of under 18yrs)	Virtual	Raya Fratkina 408-569-0120 rayaf.nami@gmail.com
	3rd	6:30-8:30pm	Family/Adult	Virtual	Sharon Stout 603-357-5615 sprice@designandformat.com
	1st & 3rd	6-7:30pm	Family/Adult	Virtual	Anna Berry NAMINHVIRTUAL@gmail.com
Thursday	1st	4:30-6:00pm	Family/Adult	In-Person North Conway	Alan Bunker 603-738-0149
	2nd & 4th	6:30-8:30pm	Family/Adult	In-person Derry	Lori Wood 603-490-0596 woodteam@comcast.net
	2nd & 4th	6-7:30pm	Family/Adult	In-person Hampton	Phoebe Bischoff 603-401-1677 SeacoastNAMIgroup@gmail.com