

## Ongoing Support Groups in lower Fairfield County, CT

GROUP	WHEN	WHERE	CONTACT
NAMI Support Group...for <b>Individuals</b> with a mental illness and their <b>Family Members, Friends and Caregivers</b>	7:00-8:30PM 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of the month	<b>Silver Hill Hospital</b> Group Room 5, Jurgenson Bldg., East Campus 208 Valley Rd, New Canaan	Peter, 203-322-3383 pcase@optonline.net
NAMI Support Group...for <b>Individuals</b> with a mental illness and their <b>Family Members, Friends and Caregivers</b>	6:30-8:00PM Last Tuesday of the month	<b>St. Vincent's (Hall Brooke) Behavioral Health</b> Community Room 47 Long Lots Rd, Westport	Jim, 203-362-3929 jbombaci@stvincents.org
<b>YAPS—Young Adult Peer Support</b> (ages 16-26) - for young adults with mental illness	8:30-9:45 PM Every Wednesday	<b>Cranbury Community Chapel</b> 365 Newtown Avenue, Norwalk	Kalan Ross at <a href="mailto:kalan@yapsgroup.org">kalan@yapsgroup.org</a> or (203) 681-5245.
<b>Depression/Bipolar/Anxiety</b> —for consumers	7-8:30PM Wednesdays	<b>Fairfield Library</b> 1080 Old Post Rd, Fairfield	203-331-1227
NAMI Support Group...for <b>Individuals</b> with a mental illness and their <b>Family Members, Friends and Caregivers</b>	7:30-9PM, 1 <sup>st</sup> Wednesday of the month	<b>Tully Health Center</b> Conf. Room B (1 <sup>st</sup> floor) 32 Strawberry Hill Ct. , Stamford	Peter, 203-322-3383 pcase@optonline.net
NAMI Support Group...for <b>Individuals</b> with a mental illness and their <b>Family Members, Friends and Caregivers</b>	7:30-9PM 2 <sup>nd</sup> Wednesday of the month	<b>St. Joseph's Manor</b> The Lodge 6488 Main Street, Trumbull	203-459-1033
NAMI Support Group...for <b>Individuals</b> with a mental illness and their <b>Family Members, Friends and Caregivers</b>	7:00-9PM 3 <sup>rd</sup> Wednesday of the month	<b>First Congregational Church</b> Elliot Room Library 148 Beach Rd., Fairfield	203-259-8396
<b>Spanish NAMI Family Support Group...</b> <b>discussions conducted in Spanish</b>	6:30-8:30 PM Last Wednesday of the month.	<b>Tully Health Center</b> Conf. Room B (1 <sup>st</sup> floor) 32 Strawberry Hill Ct., Stamford	Irma, 203-962-4094 irma.santiago@po.state.ct.us
NAMI Connections Recovery Support Group...for <b>individuals living with mental illness</b>	3-4:30 PM Every Sunday	<b>Pathways residence</b> 509 E. Putnam Ave. (corner Brookridge Dr.) Greenwich	Ron, 203-485-0037 ronarvoy@gmail.com