

Virtual & In-Person Support Groups and Classes

| East Tennessee | Group Type | Day of Week | Zoom / In-Person | Time | Contact |
|------------------|-------------------|---------------------------|------------------|----------------|--|
| NAMI Oak Ridge | Family | 2 nd Tuesday | Zoom | 6:00 – 7:30 PM | Kathy Martin (865) 466-1234 jasminekj@gmail.com |
| NAMI Knoxville | Family/Peer | Biweekly Thursday | Zoom | 6:00 – 7:00 PM | Alison Dusch (865) 237-7368 alirose3@gmail.com |
| NAMI Chattanooga | Family | 2 nd Monday | Zoom | 6:00 – 7:30 PM | Kathy Milam (423) 521-2590 kymilam@gmail.com |
| NAMI Maryville | Family | 3 rd Wednesday | Zoom | 6:00 – 7:00 PM | Della Morrow (865) 924-5311 golfergal13@icloud.com |
| NAMI Maryville | Peer | 3 rd Thursday | Zoom | 6:00 – 7:30 PM | Brennan Atkinson (865) 317-4413 takenparadox@gmail.com |
| NAMI Greene | Family | 1 st Tuesday | Zoom | 7:00 – 8:00 PM | Debbie NAMIGreene31@gmail.com Teresa (423) 552-2368 |
| NAMI Greene | Peer | 1 st Monday | Zoom | 7:00 - 8:00 PM | Debbie NAMIGreene31@gmail.com Teresa (423) 552-2368 |
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| Middle Tennessee | Group Type | Day of Week | Zoom / In-Person | Time | Contact |
| NAMI Coffee | Caregiver | 1 st Thursday | In-Person | 6:00 – 8:00 PM | Pam Henson (815) 440-4097 |
| NAMI Davidson | BRIDGES | 3 rd Thursday | Zoom | 7:00 – 8:30 PM | Robin Nobling 615-891-4724 info@namidavidson.org |
| NAMI Davidson | With Hope in Mind | 4 th Sunday | Zoom | 3:00 – 4:40 PM | Robin Nobling 615-891-4724 info@namidavidson.org |

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| NAMI Davidson | WHIM/BRIDGES | 2 nd Thursday | Zoom | 6:30 – 8:00 PM | Robin Nobling 615-891-4724 info@namidavidson.org |
| NAMI Davidson | WHIM/BRIDGES | 1 st Wednesday | Zoom | 6:30 – 8:00 PM | Robin Nobling 615-891-4724 info@namidavidson.org |
| NAMI Davidson | Combined | 2 nd Wednesday | Zoom or Dial in - Combined | 6:30 - 8:00 PM | Robin Nobling 615-891-4724 info@namidavidson.org |
| Wilson County | Combined | 1 st Thursday | In Person social distancing | 6:00 - 8:00 PM | Mark Kulhanek 623-256-3304 |
| Wilson County | Family to Family Class | Starts 10/3/2020 | Zoom | TBD | Mark Kulhanek 623-256-3304 |
| Sumner County | Combined | 3 rd Tuesday | Zoom | 7:00 - 8:30 PM | Neil Mitchell 615-425-6604 |
| Sumner County | Combined | 1 st Tuesday | Zoom | Call for times | Neil Mitchell 615-425-6604 |
| Dickson County | Consumer | 1 st Monday | In Person social distancing | 7:00 – 9:00 PM | Clarissa Layton 615-326-9545 |
| Dickson County | Consumer | 3 rd Monday | In Person social distancing | 7:00 – 9:00 PM | Clarissa Layton 615-326-9545 |
| Dickson County | Caregiver | 2 nd Monday | In Person social distancing | 7:00 – 9:00 PM | Clarissa Layton 615-326-9545 |
| Williamson County | Combined | 1 st Thursday | Zoom | 7:00 – 9:00 PM | Lisa Domine 931-223-5825 |
| Williamson County | Caregiver | 2 nd Thursday | Zoom | 7:00 – 9:00 PM | Lisa Domine 931-223-5825 |
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| West Tennessee | Group Type | Day of Week | Zoom / In-Person | Time | Contact |
| NAMI Memphis | Family | 1 st & 3 rd Thursday | Zoom | 6:45 PM | Veronica Black 901-725-0305 info@nami-memphis.org |
| NAMI Memphis | Peer | 2 nd & 4 th Thursday | Zoom | 6:00 PM | Veronica Black 901-725-0305 info@nami-memphis.org |
| NAMI Memphis | Family to Family Class | Starts 8/27/2020 | Zoom | TBD | Veronica Black 901-725-0305 info@nami-memphis.org |

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| NAMI Memphis | Basics | Starts 8/22/2020 | Zoom | TBD | Veronica Black 901-725-0305 info@nami-memphis.org |
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Statewide

NAMI Family-to-Family – This is an eight workshop program for family members, caregivers, and loved ones of those with a mental illness. It goes into mental illnesses, medications, coping skills, communication skills and self-care strategies.

Gallatin, Sumner County by Zoom – start date 10/13/2020. Contact Neil at 615-425-6604. This program is offered statewide.

Mt. Juliet, Wilson County by Zoom – start date 10/3/2020. Contact Mark at 623-256-3304 This program is offered statewide.

Statewide

NAMI Basics - This is a six workshop NAMI signature program for parents and caregivers of children and adolescents with a mental illness. This class covers illnesses, medication, in-depth documentation with additional resources with forms for the various systems like medical and school.

Memphis, Shelby County by Zoom – start date 8/22/2020. Contact Veronique at 901-725-0305 This program is offered statewide.

Humboldt, Gibson County by Zoom – start date 10/1/2020. Contact Mary at 731-613-8724 This program is offered statewide.

National

NAMI Basics on Demand - A free, online program for parents, caregivers and others who provide care for youth and young adults. Register Here: <https://www.nami.org/Videos/NAMI-Basics-OnDemand>

*Most NAMI TN Affiliates are following the CDC recommendation to cancel face to face meetings during this unprecedented time of the Corona Virus. Please call the local Affiliate for specific details or alternate plans. Thank you for your understanding.