

SUPPORT GROUPS & CLASSES

EAST TN There are many Zoom support groups throughout the state. You can attend any that are appropriate for you.

AFFILIATE	SUPPORT GROUP TYPE	DAY OF WEEK	ZOOM/IN-PERSON LOCATION	TIME	CONTACT PERSON	PHONE	EMAIL
Oak Ridge	Family [F]	2nd Tuesday	Zoom	7:00-8:30PM	Kathy Martin	865-466-1234	jasminekjm@gmail.com
Oak Ridge	Family [F]	2nd Tuesday	Zoom	7:00-8:30PM	Kathy Martin	865-466-1234	jasminekjm@gmail.com
Chattanooga	Family [F]	2nd Monday	Zoom	6:00-7:30PM	Kathy Milam	423-521-2590	kymilam@gmail.com
Maryville	Family [F]	3rd Wednesday	Zoom	6:00-7:00PM	Della Morrow	865-924-5311	golfergal13@icloud.com
Maryville	Peer [P]	3rd Thursday	Zoom	6:00-7:30PM	Brennan Atkinson	865-317-4413	takeparadox@gmail.com
Greene	Family [F]	1st Tuesday	Zoom	7:00-8:00PM	Debbie	423-552-2368	namigreene31@gmail.com
Greene	Peer [P]	1st Monday	Zoom	7:00-8:30PM	Debbie	423-552-2368	namigreene31@gmail.com

MIDDLE TN There are many Zoom support groups throughout the state. You can attend any that are appropriate for you.

AFFILIATE	SUPPORT GROUP TYPE	DAY OF WEEK	ZOOM/IN-PERSON LOCATION	TIME	CONTACT PERSON	PHONE	EMAIL
Coffee	Caregiver [F]	1st Thursday	In-Person with Social Distancing First Presbyterian Church 1101 Jackson Street Manchester, TN 37355	6:00-8:00PM	Pam Henson	615-440-4097	
Davidson	BRIDGES [P]	3rd Thursday	Zoom	7:00-8:30PM	Robin Nobling	615-891-4724	info@namidavidson.org
Davidson	With Hope in Mind [F]	4th Sunday	Zoom	3:00-4:40PM	Robin Nobling	615-891-4724	info@namidavidson.org
Davidson	With Hope in Mind [F]	2nd Wednesday	Zoom	6:30-8:00PM	Robin Nobling	615-891-4724	info@namidavidson.org
Davidson	BRIDGES [P]	2nd Wednesday	Zoom	6:30-8:00PM	Robin Nobling	615-891-4724	info@namidavidson.org
Davidson	With Hope in Mind [F]	1st Wednesday	Zoom	6:30-8:00PM	Robin Nobling	615-891-4724	info@namidavidson.org
Davidson	BRIDGES [P]	1st Wednesday	Zoom	6:30-8:00PM	Robin Nobling	615-891-4724	info@namidavidson.org
Davidson	Combined [C]	2nd Wednesday	Zoom or Dial-In	6:00-8:00PM	Robin Nobling	615-891-4724	info@namidavidson.org
Wilson	Combined [C]	1st Thursday	In-Person with Social Distancing Victory Baptist Church 1777 Tate Lane Mt. Juliet, TN 37122	6:00-8:00PM	Mark Kulhanek	623-256-3304	
Sumner	Combined [C]	3rd Tuesday	Zoom	7:00-8:30PM	Neil Mitchell	615-425-6604	
Sumner	Combined [C]	1st Tuesday	Zoom	Call for Times	Neil Mitchell	615-425-6604	
Dickson	Consumer [P]	1st Monday	In-Person with Social Distancing First Free Will Baptist Church 1701 State Hwy 96 Burns TN	7:00-9:00PM	Clarissa Layton	615-326-9545	

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.

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[F] Family Support Groups: For family & friends of individuals with a mental health condition

[P] Peer: For individuals with a mental health condition

[C] Combined: Family members & Peers

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Dickson	Consumer [P]	3rd Monday	In-Person with Social Distancing First Free Will Baptist Church 1701 State Hwy 96 Burns TN	7:00-9:00PM	Clarissa Layton	615-326-9545	
Dickson	Caregiver [F]	2nd Monday	In-Person with Social Distancing First Free Will Baptist Church 1701 State Hwy 96 Burns TN	7:00-9:00PM	Clarissa Layton	615-326-9545	
Williamson	Combined [C]	1st Thursday	Zoom	7:00-9:00PM	Lisa Domine	931-223-5825	
Williamson	Caregiver [F]	2nd Thursday	Zoom	7:00-9:00PM	Lisa Domine	931-223-5825	

WEST TN There are many Zoom support groups throughout the state. You can attend any that are appropriate for you.

AFFILIATE	SUPPORT GROUP TYPE	DAY OF WEEK	ZOOM/IN-PERSON LOCATION	TIME	CONTACT PERSON	PHONE	EMAIL
Memphis	Family [F]	1st Thursday	Zoom	6:45PM	Veronica Black	901-725-0306	info@nami-memphis.org
Memphis	Family [F]	3rd Thursday	Zoom	6:45PM	Veronica Black	901-725-0306	info@nami-memphis.org
Memphis	Peer [P]	2nd Thursday	Zoom	6:00PM	Veronica Black	901-725-0306	info@nami-memphis.org
Memphis	Peer [P]	4th Thursday	Zoom	6:00PM	Veronica Black	901-725-0307	info@nami-memphis.org

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CLASSES

AFFILIATE	SECTION OF STATE	CLASS TYPE	START DATE	ZOOM/IN-PERSON	CONTACT PERSON FOR MORE INFO	PHONE
Mt. Juliet/Wilson	Statewide	Family to Family Class	10/3/20	Zoom	Mark	623-256-3304
Humbolt/Gibson	Statewide	Basics Class	10/8/20	Zoom	Mary	731-613-8724
Gallatin/Sumner	Statewide	Family to Family Class	10/13/20	Zoom	Neil	615-425-6604
Manchester/Coffee	National	Basics Class	10/31/20	Zoom	Brenda	217-294-2310
NAMI National	National	Basics On Demand Class	on-going	Zoom	Register Online https://www.nami.org/Videos/NAMI-Basics-OnDemand	
NAMI Tennessee	Statewide	Family to Family Leadership Class	01/08/21	Zoom	Denise Stewart dstewart@namitn.org	615-810-1496

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.

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.

NAMI Basics on Demand: A free, online program for parents, caregivers and others who provide care for youth and young adults.

NAMI Family-to-Family Leadership: Care about someone with a mental health condition? Are you interested in teaching others about your experience? Would you like to be trained how to teach this program? NAMI Family-to-Family Program Leader training may be for you.