

Meeting Schedule and General Support Groups

Revised 8/22/12

NAMI San Diego's General Support Groups and Meetings are FREE and you can drop in without registering. These support groups are open to family members and the person with the mental illness, although they are mainly attended by family members. For more information, call NAMI San Diego's Family & Peer Support Helpline at (619) 543-1434 or (800) 523-5933 (unless other number stated)

NAMI San Diego Support Group

3rd Tuesday, 10 a.m. - 12 p.m.
NAMI San Diego Office
4480 30th St., San Diego, CA 92116

Central Region Support Group

1st Monday, 6:30 p.m. - 8 p.m.
NAMI San Diego Office
4480 30th St., San Diego, CA 92116

East County Support Group

2nd Wednesday, 6:15 p.m. - 7:45 p.m.
El Cajon Library
201 E. Douglas Ave., El Cajon, CA 92020

Clairemont NAMI Support Group

2nd Monday, 7 p.m. - 8:30 p.m.
St. David's Episcopal Church (Library)
5050 Milton St., San Diego, CA 92110

La Jolla NAMI Support Group

2nd Thursday, 7:15 p.m. - 9 p.m.
La Jolla Presbyterian Church
7715 Draper Ave., La Jolla, CA 92037
Life Center Bldg, Room 9, Upstairs.
Park on Draper, go up steps, turn left,
go into building facing you, climb stairs,
turn right, follow short hall until come
to room. For more information, call
(760) 705-6200

Rancho Bernardo Support Group

3rd Tuesday, 7 p.m. - 8:30 p.m.
Rancho Bernardo Community
Presbyterian Church
17010 Pomerado Rd.,
San Diego, CA 92128
For more information, call
Ellie Taylor (858) 485-0703 or
Judy Mapston (858) 603-4085

Criminal Justice Family Support

3rd Thursday, 6 p.m. - 8 p.m.
Spring Valley Youth & Family Coalition
3845 Spring Dr., Room 31
Spring Valley, CA 91977

Sibling and Adult Children's Group

2nd Wednesday, 7 p.m. - 9 p.m.
Scripps-Mende Well Being Center
Adjacent to the Westfield (UTC) Mall
San Diego, CA 92122
More information, call
Michelle Cauble at: (858) 756-3140

Spouses/Partners of Persons with a Diagnosis of Bi-Polar Disorder

3rd Tuesday, 6:30 p.m. - 8 p.m.
Clairemont Lutheran Church
(Luther Hall, Room 2 on the 1st Floor)
4271 Clairemont Mesa Blvd.
San Diego, CA 92117
For more information, call
(858) 273-7423

Spanish Support Group-South Bay

1st Monday, 6 p.m. - 8 p.m.
South County Family Resource Center
690 Oxford St., Chula Vista, CA 91911
For more information, call
Luz Fernandez at (619) 401-5500

Spanish Family Support Group

2nd & 4th Tuesday, 6 p.m. - 8 p.m.
Otay Mesa Library
3003 Coronado Ave.
San Diego, CA. 92154
For more information, call
Gina Osuna at (619) 288-3133
or Kika Cortez (619) 397-8835
or Adela Soto (619) 852-2309

Spanish Family Support Group

2nd & 4th Monday, 5 p.m. - 7 p.m.
Maria Sardinias Wellness & Recovery
1465 30th Street, Ste. K,
San Diego, CA 92154
For more information, call
Kika Cortez (619) 397-8835

Vietnamese Family Support Group

2nd Saturday, 9:30 a.m. - 10:30 a.m.
Linda Vista Library
2160 Ulric Street, San Diego, CA 92111
For more information, call
Helene Quach: (858) 610-5882
or email: htquach09@gmail.com

NAMI Patton

3rd Sunday, 1 p.m. - 3 p.m.
c/o Patton State Hospital
(Administration Annex - Room 148)
3102 E. Highland Ave.
Patton, CA 92369
For more information, call
(909) 425-7392

NAMI San Diego, North Inland:

Tuesday Share & Care Meeting

Every Tuesday, 4 p.m. - 6 p.m.
Joslyn Senior Center
210 East Park Ave.,
Escondido, CA 92025

NAMI North Coastal

P. O. Box 2235, Carlsbad, CA 92018
760-722-3754

Education Meeting

3rd Thursday, 7 p.m. - 8:30 p.m.
St. Michael's by the Sea Episcopal
Church, 2775 Carlsbad Blvd.
Carlsbad, CA 92008
Call (760) 722-3754

***Education Meeting followed by NAMI
Facilitated Share & Care Support Group
8:30 p.m. - 10 p.m.***

NAMI-SIT

Copper Hill Living & Learning Center,
Creative Arts Consortium, Creative
Opportunities, Advocacy Works, Friends
In Hand Clubhouse
Info: (858) 481-7069

Borderline Personality Disorder Informational Meetings

For more information,
call Sandy (760) 729-5748
or email: sboone@BPDglobal.com

UCSD Outpatient Psychiatric Services (Gifford Clinic)

1st Thursday, 6:30 p.m. - 9 p.m.
140 Arbor Drive, San Diego, CA 92103
2nd Floor, Room 247



**Questions? Call NAMI San Diego's
Family & Peer Support Helpline
619-543-1434 / 1-800-523-5933
Monday - Friday, 10 a.m. - 6 p.m.**

Peer/Consumer Support Groups and Resources



NAMI San Diego's Connection Support Groups are FREE and you can drop in without registering.

These support groups are open ONLY to people who have a mental illness.

NAMI Connection: Casual & relaxed. Share challenges and successes of coping with mental illness. FREE, flexible.

Mental Health America

Thursdays: 6 p.m. - 7:30 p.m.
4069 30th Street, San Diego, CA 92104
2nd Floor Conference Room

Mariposa Clubhouse

Wednesdays: 1 p.m. - 2 p.m.
560 Greenbrier, Suite C-E
Oceanside, CA 92054
For more info call (760) 722-3754

En Español!

Maria Sardiñas Wellness & Recovery
Center: 1465 30th Street, Suite K
San Diego, CA. 92154
Wednesdays: 6 p.m. - 7:30 p.m.

NAMI C.A.R.E.

Consumers Advocating for
Recovery through Empowerment

ECT Support Group

1st Monday of the Month, 1 p.m. - 2 p.m.
Sharp Mesa Vista Hospital
(Education Bldg)
7850 Vista Hill Ave.,
San Diego, CA 92123

The Consumer Center for Health Education & Advocacy

If you need help getting mental health services or if you have a complaint or grievance, call or write.
1764 San Diego Avenue, 2nd Floor,
San Diego, CA 92110
Toll Free: 1-877-734-3258
Monday - Friday: 9 a.m. - 5 p.m.

Jewish Family Service Patient Advocacy Program

Patient Advocates work with individuals living in either a 24-hr psychiatric hospital or a board & care facility to ensure all of rights are being respected.
2710 Adams Ave. San Diego 92116
(619) 282-1134 or 800-479-2233
Monday - Friday: 8 a.m. - 5 p.m.

Clubhouses

Bayview Clubhouse

330 Moss Street, Chula Vista, CA 91911
Phone: (619) 585-4646
Hours: Mon - Fri: 8 a.m. - 4 p.m.
Evenings/Weekends - Call for Schedule

Casa Del Sol Clubhouse (Bilingual)

1157 30th Street, San Diego, CA 92154
Phone: (619) 429-1937
Hours: Monday: 8:30 a.m. - 6 p.m.
Tue/Thurs/Fri: 8:30 a.m. - 4:30 p.m.
Wednesday: Noon - 8 p.m.

Corner Clubhouse

2864 University Ave.,
San Diego, CA 92104
Phone: (619) 683-7423
Hours: Mon - Fri: 8 a.m. - 4 p.m.

East Corner Clubhouse

1060 Estes Street, El Cajon, CA 92020
Phone: (619) 631-0441
Hours:
Mon/Tue/Thurs/Fri: 8 a.m. - 4 p.m.
Wed: 8 a.m. - 6:30 p.m.

East Wind Clubhouse

8745 Aero Dr. Ste 101,
San Diego, CA 92123
Phone: (858) 268-4933
Hours: Mon - Fri: 8:30 a.m. - 5 p.m.

Escondido Clubhouse

474 W. Vermont Ave.,
Escondido, CA 92025
Phone: (760) 737-7125
Hours: Mon - Fri: 8 a.m. - 4:30 p.m.

Mariposa Clubhouse

560 Greenbrier Drive, Ste. C-E,
Oceanside, CA 92054
Phone: (760) 439-2785
Hours: Mon - Fri: 9 a.m. - 3 p.m.

Friends In Hand Clubhouse

144 Copper Ave., Vista, CA 92083
Phone: (760) 631-2206
Hours: Sat & Wed: 11 a.m. - 4 p.m.

Friend-to-Friend Program

2144 El Cajon Blvd.
San Diego, CA 92104
Phone: 619-955-8217
Hours: Mon - Fri: 8 a.m. - 4 p.m.

The API Discovery Clubhouse

5550 University Ave.,
San Diego, CA 92105
Membership Information: (619) 667-6176
Hours: Sat & Sun: 10 a.m. - 4 p.m.

The Meeting Place, Inc.

2553 State Street, San Diego, CA 92101
Phone: (619) 294-9582
Hours:
Mon/Tues/Thurs 8 a.m. - 6 p.m.
Fri 8 a.m. - 4 p.m.
1st and 3rd Saturday 10 a.m. - 2 p.m.

The Oasis Clubhouse,

Serving Transitional Age Youth (16-25)
7155 Mission Gorge Rd.
San Diego, CA 92120
Phone: (858) 300-0470
Hours: Mon - Fri: 10 a.m. - 7 p.m.

Friendship Clubhouse

286 Euclid Ave., #104,
San Diego, CA 92114
Phone: (619) 266-2111
Hours: Mon - Fri: 8:30 a.m. - 5:30 p.m.

Visions

226 Church St., Chula Vista, CA 91910
Phone: (619) 420-8603
Hours: Mon - Fri: Noon - 7:00 p.m.
Sat & Sun: Noon - 5 p.m.



Need information that's not here?

Call NAMI San Diego's Family & Peer Support Helpline

Free, safe, confidential information, referrals, & support for peers (individuals with lived mental health experience) & their loved ones.

619-543-1434 1-800-523-5933

Monday - Friday: 10 a.m. - 6 p.m.

Funded by the County of San Diego

24-Hour Access & Crisis Line: 1-800-479-3339