

## Virtual & In-Person Support Groups and Classes

East Tennessee	Support Group Type	Day of Week	Zoom / In-Person	Time	Contact
NAMI Oak Ridge	Family*	2 <sup>nd</sup> Tuesday	Zoom	7:00 – 8:30 PM	Kathy Martin (865) 466-1234 <a href="mailto:jasminekjm@gmail.com">jasminekjm@gmail.com</a>
NAMI Chattanooga	Family*	2 <sup>nd</sup> Monday	Zoom	6:00 – 7:30 PM	Kathy Milam (423) 521-2590 <a href="mailto:kymilam@gmail.com">kymilam@gmail.com</a>
NAMI Maryville	Family*	3 <sup>rd</sup> Wednesday	Zoom	6:00 – 7:00 PM	Della Morrow (865) 924-5311 <a href="mailto:golfergal13@icloud.com">golfergal13@icloud.com</a>
NAMI Maryville	Peer**	3 <sup>rd</sup> Thursday	Zoom	6:00 – 7:30 PM	Brennan Atkinson (865) 317-4413 <a href="mailto:takenparadox@gmail.com">takenparadox@gmail.com</a>
NAMI Greene	Family*	1 <sup>st</sup> Tuesday - This group is on break during June, July & August	In-Person	7:00 – 8:00 PM	Debbie <a href="mailto:NAMIGreene31@gmail.com">NAMIGreene31@gmail.com</a> Teresa (423) 552-2368
NAMI Greene	Peer**	1 <sup>st</sup> Tuesday - This group is on break during June, July & August	In-Person	7:00 - 8:00 PM	Debbie <a href="mailto:NAMIGreene31@gmail.com">NAMIGreene31@gmail.com</a> Teresa (423) 552-2368
Middle Tennessee	Support Group Type	Day of Week	Zoom / In-Person	Time	Contact
NAMI Coffee	Family*	1 <sup>st</sup> Thursday	In-Person	6:00 – 8:00 PM	Pam or Brenda (931) 952-6871 <a href="mailto:namicoffeecounty@gmail.com">namicoffeecounty@gmail.com</a>
NAMI Davidson	Peer**	3 <sup>rd</sup> Thursday	Zoom	7:00 – 8:30 PM	Robin Nobling 615-891-4724 <a href="mailto:info@namidavidson.org">info@namidavidson.org</a>
					Robin Nobling 615-891-4724

NAMI Davidson	Family*	4 <sup>th</sup> Sunday	Zoom	3:00 – 4:40 PM	<a href="mailto:info@namidavidson.org">info@namidavidson.org</a>
NAMI Davidson	Family*/Peer**	2 <sup>nd</sup> Wednesday	Zoom	Starting in October 6:30 – 8:00 PM	Robin Nobling 615-891-4724 <a href="mailto:info@namidavidson.org">info@namidavidson.org</a>
NAMI Davidson	Family*/Peer**	1 <sup>st</sup> Wednesday	Zoom	6:30 – 8:00 PM	Robin Nobling 615-891-4724 <a href="mailto:info@namidavidson.org">info@namidavidson.org</a>
NAMI Davidson	Combined***	2 <sup>nd</sup> Wednesday	Zoom or Dial in - Combined	6:30 - 8:00 PM	Robin Nobling 615-891-4724 <a href="mailto:info@namidavidson.org">info@namidavidson.org</a>
Wilson County	Combined***	1 <sup>st</sup> Thursday	In Person social distancing	6:00 - 8:00 PM	Mark Kulhanek 623-256-3304
Sumner County	Combined***	3 <sup>rd</sup> Tuesday	In Person social distancing	6:30 - 8:30 PM	Neil Mitchell 615-425-6604
Sumner County	Combined***	1 <sup>st</sup> Thursday of each month	Zoom	7:00 – 8:30 PM	Neil Mitchell 615-425-6604
Dickson County	Peer**	1 <sup>st</sup> Monday	In Person social distancing	7:00 – 8:30 PM	Clarissa Layton 615-326-9545
Dickson County	Peer**	3 <sup>rd</sup> Monday	In Person social distancing	7:00 – 8:30 PM	Clarissa Layton 615-326-9545
Dickson County	Family*	2 <sup>nd</sup> Monday	In Person social distancing	7:00 – 8:30 PM	Clarissa Layton 615-326-9545
Williamson County	Family*	2 <sup>nd</sup> Thursday	Zoom	7:00 – 8:30 PM	Lisa Domine 931-223-5825
<b>West Tennessee</b>	<b>Support Group Type</b>	<b>Day of Week</b>	<b>Zoom / In-Person</b>	<b>Time</b>	<b>Contact</b>
NAMI Memphis	Family*	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays	Zoom	6:45 PM	Veronica Black 901-725-0305 <a href="mailto:info@nami-memphis.org">info@nami-memphis.org</a>
NAMI Memphis	Peer**	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays	Zoom	6:00 PM	Veronica Black 901-725-0305 <a href="mailto:info@nami-memphis.org">info@nami-memphis.org</a>
NAMI Memphis	Peer**	2 <sup>nd</sup> Tuesday	Zoom	7:00 PM	Fulya Sobczak 901-233-4421

NAMI Gibson	Family*	4 <sup>th</sup> Tuesday	In-Person	6:00 – 7:15 PM	Mary Sims (731) 613-8724 <a href="mailto:msims@namitn.org">msims@namitn.org</a>
-------------	---------	-------------------------	-----------	----------------	---

**Statewide - BRIDGES Teacher and Support Group Training**

**BRIDGES (Building Recovery of Individual Dreams and Goals through Education and Support):** This is a set of 10 education classes and support groups for individuals with a mental health condition. The classes teach individuals about their mental illnesses, medicines, coping strategies, and the path to recovery. The support group is a safe and caring place to share about what it is like to live with a mental illness and a place to find support.

This training is to train new teachers and support group facilitators. The next training is scheduled for **Statewide Zoom: June 14-18, 2021.**

For information about either training, please contact Denise Stewart at 615-361-6608 or [dstewart@namitn.org](mailto:dstewart@namitn.org).

**Statewide – NAMI Family to Family Classes**

**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.**

Tipton County by Zoom – Start date 6/5/2021. Contact Charlotte at 901-355-8758. This program is offered statewide.

Wilson/Sumner County by Zoom – start date 6/8/2021. Contact Mark at 623-256-3304. This program is offered statewide.

**Statewide – NAMI Basics Class**

**The NAMI Basics classes are six session workshops 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.**

Tennessee area by Zoom – start date 6/5/2021. Contact Denise Stewart at 615-361-6608 or [dstewart@namitn.org](mailto:dstewart@namitn.org). 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.

- \* If the group type is Family, it is a support group for family members of persons with a mental health condition. These are open meetings meaning anyone can attend.
- \*\* If the group type is Peer, it is for persons with the mental health condition. These meetings are closed meaning that only peers can attend.
- \*\*\*If the group type is Combined, family members and persons with a mental health condition both can attend.

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