



NAMI San Diego's Connections Support Groups are **FREE**, and you can drop in without registering! These support groups are only open to people who have lived experience with a mental health challenge. NAMI Connections is a safe space where you are able to expand on your peer experience.

Mental Health America

Thursdays, 6-7:30pm
4069 30th Street, San Diego 92104
2nd Floor Conference Room

East County Mental Health Clinic

Fridays, 12-1:30pm
1000 Broadway, 1st Floor
Wellness Center, El Cajon 92021

Mariposa Clubhouse

Wednesdays, 1-2pm
1701 Mission Avenue
Suite 120
Oceanside, CA 92054
Information: (760) 722-3754

McAlister South Bay Regional Recovery Center

Thursdays, 3-4:30pm
1180 Third Ave, Suite C3,
Chula Vista 91911

En Español

Cada Martes, 2-3:30pm
Visions Clubhouse
226 Church Street Chula Vista 91910
Information: (800) 523-5933

St. Michael's Episcopal Church, Library at Parish Hall

3rd Thursday, 5:30-6:30pm
2775 Carlsbad Blvd., Carlsbad 92008
As of April 4th - changing to
Every Thursday, 5:30pm - 7:00pm
SD North Coastal Live Well Center
1701 Mission Blvd
Mission Ave Conference Room
Oceanside, 92054

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 Ave, 2nd Floor
San Diego, 92110
Toll Free: 1-877-734-3258
Monday - Friday: 9am-5pm

PEER & CONSUMER SUPPORT GROUPS

CLUBHOUSES

Clubhouses offer **FREE** support for adults recovering from mental illness. (No treatment provided). They provide classes for vocational training, health & nutrition, physical fitness, computer technology and skill-building. They can also supply you with potential volunteer opportunities in the area.

Alvarado Parkway Institute

5538 University Ave.
San Diego, 92105
Membership Information: (619) 667-6176
Hours: Sat. & Sun.: 10am-4pm

Casa Del Sol Clubhouse (Bilingual)*

1157 30th Street
San Diego, 92154
Phone: (619) 429-1937
Hours: Mondays: 8:30am-6pm
Tue./Thurs./Fri.: 8:30am-4:30pm
Wednesdays: 12-8pm

Corner Clubhouse

2864 University Ave.
San Diego, 92104
Phone: (619) 683-7423
Hours: Mon. - Fri.: 8am-4pm

Deaf Community Services Clubhouse

4080 Centre Street Suite 208
San Diego, 92103
Phone: (619) 398-2441
Hours: Mon. - Fri.: 8:30am-12pm
Saturdays & Sundays: 1-5pm

East Corner Clubhouse*

1060 Estes Street
El Cajon, 92020
Phone: (619) 631-0441
Hours: Mon. - Fri.: 8am-4pm

Eastwind Clubhouse

UPAC Eastwind Center
8745 Aero Drive, Suite 101
San Diego, 92123
Phone: (858) 268-4933
Hours: Mon. - Fri.: 8:30am-5pm

Escondido Clubhouse*

474 W. Vermont Ave.
Escondido, 92025
Phone: (760) 737-7125
Hours: Mon. - Fri.: 8am-4:30pm

Friend-to-Friend Program*

(Serving the homeless)
101 16th Street,
San Diego, 92101
Phone: (619) 955-8217
Hours: Mon. - Fri.: 8am-4pm

Mariposa Clubhouse*

1701 Mission Avenue
Suite 120
Oceanside, CA 92054
Phone: (760) 439-2785
Hours: Mon. - Fri.: 8am-4:30pm

The Meeting Place, Inc.*

2553 State Street
San Diego, 92101
Phone: (619) 294-9582
Hours: Mon. - Fri.: 8am-4pm

NHA - Friendship Clubhouse

286 Euclid Ave., Suite #104,
San Diego, 92114
Phone: (619) 263-6269
Hours: Mon. - Fri.: 8:30am-5:30pm

The Oasis Clubhouse

Serving Transitional Age Youth
(Ages 16-25)
3330 Market St., Suite C
San Diego, Ca 92102
Phone: (858) 300-0470
Hours: Mon. - Fri.: 9am-6pm

Visions

226 Church St.
Chula Vista, 91910
Phone: (619) 420-8603
Hours: Mon. - Fri. 12-7pm
Saturdays & Sundays: 12-5pm
NA & Dual Diagnosis groups available,
please call for the schedule.

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 their rights are being respected.
(619) 282-1134 or (800) 479-2233
Monday - Friday: 8am-5pm

*SSI Advocates available to assist with applications and appeals. Please call the clubhouse for more information.