



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**

**Temporarily Cancelled**  
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.

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

#### **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