

		AFFILIATE SUPPORT GROUP LISTINGS		5/01/2025	
NAMI Buffalo & Western New York	Office # Jeffrey Pirrone, Executive Director Cambria Daniels, President	737 Delaware Ave. Suite 217 Buffalo, NY 14209 www.namibuffalony.org Office/Helpline Hours 8:30-4:30, M-F	jperrone@namibuffalony.org ; cdaniels@bestselfwny.org	(716) 226-6264	Online Family Support Groups: (for groups meeting online, send a request to attend the group to online@namibuffalony.org with date and Phone Number) 2nd Thur • ONLINE, 7-8:30 pm, pre-registration required for online groups IN-PERSON groups (no pre-registration needed): 1st Wed NORTH TONAWANDA St. Mark's Episcopal Church, 61 Payne Ave, 14120, 6:30-8 pm "enter parking lot off Bryant St. and use back entrance." 3rd Wed • AMHERST St. Paul's Lutheran Church, 4007 Main St, 14226, rear entrance, 7-8:30 pm 3rd Thur • HAMBURG Revive Wesleyan Church, 4999 McKinley Pkwy, Dr 3, Rm 130, 14075, 7-8:30 pm 3rd Thur • LOCKPORT :Location at Lockport 1st Presbyterian Church, 21 Church St., Lockport, NY 14094. 7-8:30 pm "enter parking lot off Ontario Ave. and use back door ramp entrance." call 716-226-6264bx101 for information, 4th Thur • BUFFALO Trinity Episcopal Church. 371 Delaware Avenue. 14202 6:30-8 pm
NAMI Capital Region	Office (cell) # Thomas Fryxell, President	PO box 8720, Albany NY 12208 No Office www.namicapitalregionny.org	namicapitalregionny@gmail.com ; tom@namicapitalregionny.org	(518) 588-6949	NAMI Family Support Group every Thursday at 5:30pm through Zoom Family Support Group IN PERSON 3rd Monday of each month, 7:00-8:30pm at Healing Springs Recovery Community and Outreach Center 125 High Rock Ave Saratoga Springs, NY 12866 Family Support Group IN PERSON 1st and 3rd Tuesday of each month form 6:30-8:00pm at Church of Jesus Christ of Latter-day Saints, 420 New Scotland Ave, Albany, NY 12208 NAMI Connection every Monday at 11:00am via Zoom Contact Affiliate for more information.
NAMI Cayuga County	Office # Terri Wasilenko President	Auburn Memorial Hospital, 17 Lansing St., 2nd Floor, Auburn, NY 13021 Helpline (9-2, Mon-Wed) NO OFFICE namicayuga.org	namicayuga@gamil.com terriwasilenko@outlook.com	(315) 255-7443	NAMI Family Supprt Group 1st and 3rd Wednesday of each month at Play Space, Contact affiliate for information NAMI Family Support Group meeting every Saturday morning at Weedsport Library at 2795 East Brutus Street in Weedsport from 9:30-10:30 AM. There is a zoom NAMI Family Support Group the 1st & 3rd Tuesdays from 6-7 PM. Participants have to call 315-255- 7443 or email terriwasilenko@outlook.com to register.

NAMI Champlain Valley	Office # Amanda Bulris, Exec Director Theresa Bennett, President	304 New York Road, Plattsburgh, NY 12903 HelpLine (8:00-4:00, Mon-Fri) FAX- (518) 734-0133 Clinton County Mobile Crisis Team, 8am-8pm, 866-5PREVENT Essex HOPELINE (800) 440-8074 (24/7) Essex County Mental Health Association: Westport (518) 962-2077 (8-3:30) Ticonderoga (518) 585-9072 (8-3:30)	info@nami-cv.org ; amanda@nami-cv.org ; queenbennett55@gmail.com	(518) 561-2685 x104	
NAMI Central Suffolk Long Island	Office (cell) #	446 Willis Ave, #177, Williston Park, NY 11596 NO OFFICE www.namicslincy.org	info@namicslincy.org ; e.ritz@namicslincy.org	516-330-9778	Virtual Family Support Group First Wednesday at 6:30pm Peer Support Group every Wednesday 1:30pm Virtual Spirituality Group Third Monday each month at 6pm Everyone welcome. Partner/Spouse Support Group virtual: First Tuesday each month 6:30pm For Couples, partners, spouses alone or with their partner learning how to deal with a mental condition. Partner/Spouses can attend Together or Individually. Sibling Support Group: Second Wednesday each month at 6:30pm For Siblings of someone struggling with a mental health condition. Email me at e.ritz@namicslincy.org for any group you are interested and I will email you the Zoom link – for all groups Families Surviving Suicide Loss: Second Tuesday each month at 4pm Email me at e.ritz@namicslincy.org if you are interested and I will email you the Zoom information. NUMC In Person Family Support Group: Fourth Tuesday each month 6-7:30pm (2/25) For Family Members of people struggling with a mental health condition. Teen Support Group: Monday TBA For Teens 14 - 18 struggling with a mental health challenge or concerns. Parents need to sign a consent form before teens can attend. My information is below. NEW Group – TBA TBA For parents of teens. The group will focus on how to parent challenging teens. Email me at e.ritz@namicslincy.org if you are interested. Neurodiversity Group Third Wednesday each month at 7:30pm Email me at e.ritz@namicslincy.org if you are interested and I will email you the Zoom information Haitian Support Group Second Sunday morning at 10am Handouts will be in English, Creole and French Email me at e.ritz@namicslincy.org for any group you are interested and I will email you the Zoom link – for all groups
NAMI Columbia County	Nicole Corey, President	PO Box 269, Valatie, NY 12184 No Office www.namiccnny.org	namiccnny@gmail.com ; thomco100@gmail.com	(518) 336-0246	Family Support Group, 6:00-7:30 PM, Monthly on the 2nd and 4th Tuesday. Hybrid meeting! Please register namiccnny.org/calendar/ to receive an email with the Zoom login credentials. OR in person at the Kinderhook Memorial Library, 18 Hudson St, Kinderhook, NY 12106Hybrid meeting!

NAMI Delaware & Otsego Counties	Bill Hayes, Advocacy Shari Stallone, Programs	PO Box 506, Roxbury, NY 12474 NO OFFICE	namidelawareco@gmail.com ; ssallone@rehab.org ; wd_hayes@hotmail.com ;	(607) 267-2335	Family Support Groups Oneonta: 2nd Wednesday at Elm Park Church, 401 Chestnut Street, entrance and parking at rear of building. For information, and in case of inclement weather, call (607) 326-4797.
NAMI Finger Lakes	Office # Sandra Sorensen, ED Deborah Grantham, President	PO Box 6544, Ithaca, NY 14851-6544 Physical Address- 171 E State St, Ste 275 (mailbox 110), Ithaca, NY 14850 OFFICE HOURS- Mon. 3-5, Wed & Fri 11-1 Helpline Hours M-F, 9-5 607-273-2462 www.namifingerlakes.org	namiflexec@namifingerlakes.org; dgg3@cornell.edu	Office #607-288-2460; support phone is 607-273 2462	Support Groups and other regular programming are operating online at this time- https://www.namifingerlakes.org/support-group/ to register for Support Group call 607-288-2460 or call namifsupport@namifingerlakes.org
NAMI Herkimer & Oneida Counties	Bonnie Muffett, Advocacy Mike LaPort, Programs Mary Beth Greene, Membership	PO BOX 701, Herkimer, NY 13350 NO OFFICE	namierherkimer@gmail.com	315-940-1142 cell#	Family Support Group 1st Monday of each month at 6:00 PM at Oak Ridge Free Methodist Church 838 W. German St. Herkimer, NY 13350
NAMI Huntington	Jayette Lansbury, President	PO Box 2813, Huntington Station, NY 117436 www.nami-huntington.org	lansburyhunt@aol.com	(631)988-7619	Peer Support on the 3rd Wednesday of every month Whole Family Support on the 1st and last Wednesday of the month. Caring and Sharing on the 1st Wednesday and the 3rd Tuesday of each month All are via Zoom and start @7 pm
NAMI Mid-Hudson	Office # Ann Brown, Executive Director Samuel Finnerman, President	Jo PO Box 787, Poughkeepsie, NY 12602 Physical Address- 130 Hudson Ave., Poughkeepsie, NY 12601 Helpline Hours M-F, 9-5 www.namimidhudson.org	jnbrown.namimh@gmail.com; george-nami@optonline.net; sam@hudsoncommercial.com	(845) 206-9892	Family Support Groups *1st Wednesday of every month 6:30 pm - 8:30 pm In-Person and Zoom Dover Library in Wingdale 1797 Rt 22 Wingdale NY 12594 Park on Pleasant Ridge Rd (left side of the building) Enter library's main door; turn right and proceed down the hallway to the conference room Facilitators Jo Ann and Debbie To Join on Zoom must register. 2nd Monday of the month In-Person Only Perkins Restaurant (Back Room) 1576 US 9 Wappingers Falls, NY 12590. 6:30 pm - 8:30 pm. Facilitators: Jane and Karen 3rd Tuesday of the month Zoom 6:30 pm - 8:30 pm Facilitators: Lenny and Natalie 4th Monday of the month Zoom 6:30 pm - 8:30 pm Ulster Facilitators: Kie and John NAMI CONNECTION ADULT RECOVERY SUPPORT GROUP Zoom Only Peer-led support group for any adult who is living with a mental health condition. 2nd Friday of every Month 6:30 pm – 8:00 pm To attend via Zoom you must register. Call 845-206-9892 or contact@namimidhudson.org
NAMI New York City Metro	Office # Matt Kudish, ED Lynnette Verges, Assoc. ED Sam Schwartz, Co- President Stacy Helfstein, Co-President	307 W 38th St., 8th Fl., New York, NY 10018 HelpLine (212) 684-3264 (10-6, M-F) helpline@naminyc.org www.naminycmetro.org	helpline@naminyc.org ; lverges@naminyc.org ; samhschwartz@gmail.com ; stacy@helfstein.com	(212) 684-3365	Please see affiliates website for more information. https://www.naminycmetro.org/calendar/ Groups are available virtually. Some group sessions meet in person.

NAMI NYC Staten Island	Office # Lyn Ferrante, ED Joanne Oletro, President	930 Willowbrook Road, Bldg 41A, Staten Island, NY 10314-4276 Helpline (9-5, Mon-Fri.) FAX- (718) 477-0937 www.namistatenisland.org	info@namistatenisland.org; lyn@namistatenisland.org; jpietro@rumcsi.org	(718) 477-1700	Meetings are in Person and via Zoom Family Support Online Meetings every Wednesday at 7 PM Family Support Group Tuesday nights at 630pm to 830pm. Holy Rosary Parish Center, 80 Jerome Ave. s.i.10305 in-person Family Support Group Wednesdays at 11am At the JCC - 1466 Manor Rd. s.i. 10314 -in-person NAMI Connections Peer Support meetings every Saturday at 1:30 PM. Where: https://zoom.us/j/8923293610 Who: info@namistatenisland.org or Call: 1 646 558 8656 You will be asked to dial the meeting ID. The Meeting ID: 892 329 3610 Information night in person. Every 2nd Wednesday night of each month. a different agency each month to help families and individuals that struggle with mental illness. Its a night to listen and learn. There is help and hope .
NAMI Orange County	Dhanu Sannesy, President	PO Box 637, Middletown, NY 10940 No Office https://namiorangeny.org	info@namiorangeny.org Dhanu@namiorangeny.org	(845) 956-6264	Family support group The 2nd and 4th Monday of each month, 6:30-8 pm NAMI Family Support Group IN-PERSON starting May 1st. 1st & 3rd Thursdays, 4-5:30 pm at Dept. of Mental Health, 30 Harriman Dr. Goshen, 10924 in Conference Room A, starting May 1. No registration is required for in-person. Connection recovery support group The 2nd and 4th Thursday of each month. 7- 8:30 pm Bipolar & Depression support group: . Every Tuesday 7- 8:30 pm. First Presbyterian Church of Goshen, 33 Park Place, Goshen, NY 10924 Meeting entrance doors are across the street from Delancey's Restaurant. The meeting will be in the lower level. Stairway is on the right. If you have any questions, email us at info@namiorangeny.org or call 845-956-6264
NAMI Putnam County	Office # Pamela Georges-Cohen, President	PO Box 552, Mahopac, NY 10541 No Office www.namiputnamcounty.org	namiputnam@gmail.com; pgeorgescohen@gmail.com	(845) 363-1478	

NAMI Queens/Nassau	Office # Lee Israel, President Elizabeth Hildebrandt, ED	PO Box 176, Carle Place, NY 11514 NO OFFICE HelpLine (10-4, Mon-Fri.) www.namiqn.org	office@namiqn.org ; lisrael@namiqn.org ; lizhil@namiqn.org	(516) 326-0797	Black and Brown Wellness Caregivers Support Group: Tuesday's 6:00-7:30 PM Sharing and Caring Support Group: Sunday's 7:30-8:30 PM Family Support Group: Tuesday's 6:30-8:00 PM Peer Support Group: Tuesdays 2:00-3:00 PM Caregiver Support Group: Mental Health Disorder (2023) Thursday's (3/23, 4/27, 5/25, 6/22, 7/27, 8/24, 9/28, 10/26,11/23, 12/28) 7:00-8:30 PM Suicide Bereavement Class: Learning How to Live After One Dies of Suicide Beginning Wednesday 5/3 6:00-7:30 PM In Person Family Support Group: Tuesday's (3/21, 4/18, 5/16, 6/20, 7/18, 8/15, 9/19) 6:30- 8:00 PM Peer Support Group: Thursday's 6:30-7:30 PM Co-Occurring Support Group: Caregivers (2023): Thursday's (3/9, 4/13, 5/11, 6/8, 7/13, 8/10, 9/14, 10/12, 11/9, 12/14) 7:00-8:30 PM Registration is required. For more information contact dsills@namiqn.org
NAMI Rochester	Office # Donna Leigh-Estes, Exec. Director Michael Murphy, President	344 N Goodman St., Rochester, NY 14607-1185 FAX- (585) 423-0572 HelpLine (9-4, Mon-Fri.) www.namiroc.org	info@namiroc.org donna@namiroc.org beth@namiroc.org michael@namiroc.org	(585) 423-1593	Family Support Group Meetings: • 2nd Wednesday of each month from 1:00 PM - 2:30 PM via Zoom • 3rd Tuesday of each month from 6:30 PM - 8:00 PM via Zoom • 4th Tuesday of each month from 6:00 PM - 7:30 PM in person at the Henrietta Library Registration is required. They can go to our website (www.namiroc.org) or email me directly at beth@namiroc.org to register. 1st Tuesday of the month at 12:00 PM at NAMI Rochester. Connection Support Group Meetings: Mondays from 6:30 PM - 8:00 PM via Zoom, except for the 2nd week of the month, when it meets in person on Thursday evening from 6:30 PM - 8:00 PM at NAMI Rochester. Registration is required. They can go to our website (www.namiroc.org) or email me directly at beth@namiroc.org to register.
NAMI Rockland	Office # Beth Bate-DuBoff, Exec. Dir.	Mail: PO Box 635 Orangeburg, NY 10962-0635 Physical Address: Rockland Psychiatric Center, 140 Old Orangeburg Road, Bldg. #57 Orangeburg, NY 10962 Helpline: (845) 359-8787 9 AM – 5 PM Mon-Friday www.namirockland.org Family Peer Support Program (Child/Teen): (845) 359-8784	info@namirockland.org Bethbd@namirockland.org	(845) 359-8787 (845) 359-8785	Family + Friends Connect (Family + Friends of Adults) Tuesday's 3:30-5:00 on Zoom Family and Friends Support Group Fourth Monday of the month from 7-8:30 PM on zoom Nosotros Somos Mas Fuertes Juntos (Reunión Grupal Para Padres - en Español on Zoom) Cada Martes a la 7 PM - 8 PM Tuesday Evenings 7 PM - 8 PM Parent Support Group (Parents of Children, Teens & Young Adults) Thursday's 7 PM – 8 PM on Zoom
NAMI Schenectady	Cindy Sood, President	PO Box 974, Schenectady, NY 12301-0974 No Office www.namischenectady.org	namischenectady@gmail.com ; c.sood@yahoo.com	(518) 986-9114 M-F 9am-5pm volunteer warmline	Family Support Group Ellis Hospital, Wednesdays at 6 pm. Family Support Group will meet in the conference room on C-3 at the hospital Call- 518-986-9114 with any questions

NAMI Schoharie County	Thomas Manchester Jason Paden Kate Ulmer	PO Box 873, Cobleskill, NY 12043-0873 NO OFFICE	namischoharie@gmail.com ; tmanchester.t@gmail.com ; jasonpadenpresents@gmail.com ; kulmer@rehab.org	518-767-7321 cell#	
NAMI St. Lawrence & Jefferson Counties	Sheri Seguin	PO Box 306, Ogdensburg, NY 13669 NO OFFICE www.namistlawrencejeffersoncountiesny.org	chairperson@namistlawrencejeffersoncountiesny.org ; ncrnymhs@gmail.com	315-605-8899	NAMI Connections: Starting April 10 2025 Second and Fourth Thursday of the month at 6:30 pm Online Contact Sheri Seguin for details 315-605-8899
NAMI Steuben County	Ann Nordman Patty Morse Elisa Tobia	PO Box 356, Corning, NY 14830 NO OFFICE	namisteuben@icloud.com ; nordman.ann@gmail.com ; patty@stillirun.org ; elisa.tobia@icloud.com	607-329-1816	
NAMI Sullivan County	Office # Lori Schneider, Exec. Director Marie Buckstad, President	20 Crystal St., Monticello, NY 12701 Mobile Mental Health (845) 790-9111	namiofsullivan@gmail.com; buckstad49@yahoo.com	(845) 794-1029	Sharing and Caring Family Support Groups are held the third and fourth Tuesday of each month 6:30-8:00pm-- the third Tuesday is at 20 Crystal Street in Monticello, NY and the fourth Tuesday is at Bon Secours Community Hospital in Port Jervis, NY NAMI Connection Peer Support Group is held the 1st and 3rd Monday of each month at 5:30pm at 20 Crystal Street, Monticello, NY Suicide Bereavement Group is held the first Wednesday of each month 6:30-8:00pm at 20 Crystal Street, Monticello, NY Support Groups are held as hybrid meetings, both live and in-person and via ZOOM
NAMI Syracuse	Office # MaryLee Gilmartin, Office Manager Jeremy Montague, Interim ED Lisa Smith, President	917 Avery Ave., Syracuse, NY 13204 FAX- (315) 487-2154 Office Hours (10-2, Mon.-Fri.) www.namisyracuse.org	namisyracuse@namisyracuse.org; lsmith5@unomaha.edu	(315) 487-2085	Office Mon-Fri 10-2 answering calls and emails. Family Support Group , 2nd Wednesday of each month 10:00am Hybrid at 917 Avery Ave, Syracuse NY 13204 or virtual Family Support Group , 3rd Tuesday of each month 6:00pm via zoom Connections Support Group , 2nd Wednesday of each month 6:00pm via zoom Connections Support Group , Third Saturday of each month at 9:30am Hybrid at 917 Avery Ave, Syracuse NY 13204 or virtual Call 315-487-2085 or www.namisyracuse.org to sign up

NAMI Westchester	Office # Marie Considine, Executive Director Terry Brennan Membership/ Programs John Franis President	Address 220 White Plains Road Suite 125, Tarrytown, NY 10591 Office Hours (9-4, Mon.-Fri.) www.namiwestchester.org	info@namiwestchester.org; mariec@namiwestchester.org; Terryb@namiwestchester.org	(914) 592-5458	Parents and Caregivers of Adolescents and Young Adults Group: 2nd Thursday of the Month – 7:00 – 8:30pm – Virtual Parents and Caregivers of Adolescents and Young Adults 4th Wednesday of the Month – 7:00-8:30pm – Virtual Family and Friends 3rd Thursday of the Month – 7:00 – 8:30pm – Virtual Connection Support Group: 2nd Thursday of the Month – 6:30 – 8:00pm – In Person NAMI Westchester Office Connection Support Group: 4th Thursday of the Month – 7:00 – 8:30pm – Virtual. Connection - In Person 1st Tuesday of the Month White Plains Library, 100 Martine Ave, White Plains, NY 10601 7:00 p.m. - 8:30 p.m. Parent & Caregivers of Adolescents & Young Adults - In Person 4th Thursday of the Month Croton Free Library, 171 Cleveland Drive, Croton-on-Hudson, NY 10520 7:00 p.m. - 8:30 p.m. If you are interested in joining, please call Terry Brennan , Program Administrative Assistant at (914) 592-5458.
-------------------------	---	--	---	----------------	--