

## Friends & Family

*For adults of loved ones with  
mental health conditions*

### IN-PERSON GROUPS

#### First Monday Monthly

**6:45 - 8:00 PM**

Greenwich Hospital  
Noble Conference Room, 1<sup>st</sup> Floor

#### First Wednesday Monthly

**6:45 - 8:00 PM**

United Church of Rowayton  
210 Rowayton Avenue

#### Second Tuesday Monthly

**7:00 - 8:30 PM**

Stamford Health Tully Center  
32 Strawberry Hill Court

#### Third Wednesday Monthly

**7:00 - 8:30 PM**

First Congregational Church  
148 Beach Road, Fairfield

#### Fourth Wednesday Monthly

**6:30 - 8:00 PM**

Greens Farms Congregational Church  
71 Hillandale Rd, Westport

## NAMI-CAN

*For parents/caregivers of children under age 21*

### First Monday Monthly on Zoom

10:00 - 11:30 AM

Email: beth44es@gmail.com  
or eliasvanessa5@gmail.com for link  
and use meeting ID: 819 9802 9176

### Weekly Wednesdays on Zoom

10:00 - 11:30 AM

Email epagano@me.com for link.  
Meeting ID: 208 443 3181

## NAMI CONNECTION

*For adults who have experienced symptoms  
of a mental health condition*

### Weekly Tuesdays on Zoom

6:00 - 7:15 PM

Email davidlyonsct@gmail.com for link.  
Meeting ID: 208 443 3181

## OUT OF THE ABYSS

*for individuals living with suicidal thoughts  
and urges (or previous attempts)*

### Third Thursday Monthly In-Person

**7:00 PM - 8:30 PM**

The Piedmont Club  
152 Hecker Ave Darien, CT



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Visit [NAMISouthwestct.org](https://NAMISouthwestct.org) or  
scan the QR code for the most  
up-to-date schedule.

