

## National Alliance on Mental Illness (NAMI) Support Group Listing

### NAMI FAMILY GROUPS

	Group	Contact	Phone	Meeting Location	Date/Time
Auburn	Auburn Family Support	Amy	(207) 777-3786 (207) 333-6601x1021	Auburn Middle School	1st & 3rd Tuesday 5:15 - 6:15 pm
Augusta	NAMI Augusta Capital Area Family	Jim Ann	(207) 582-8802 (207) 582-2215	NAMI Maine Office 1 Bangor St. Augusta	2nd & 4th Wednesday 6:30pm - 8:00pm
Bangor	NAMI Bangor	Nancy	(207) 223-5686	Acadia Hospital Osprey Room, Stillwater Ave.	Every Tuesday 6:30pm - 8:00pm
Brunswick	NAMI Bath-Brunswick CARE-AMI	Tracie Val	(207) 798-5891 (207) 319-7956	Curtis Memorial Library Pleasant St., Brunswick	4th Wednesday 7:00pm - 9:00pm
Houlton	NAMI Aroostook Southern	Phil	<i>For Phone Support Call</i> (207) 532-6000		
Machias	NAMI Maine of Machias Family Group	Joanne	(207) 483-6040	Kay Parker Building Hadley Lake Rd.- Machias	1st. Monday of month 6:30pm - 8:00pm
Portland	NAMI Portland	Alyce	(207) 899-0465	Dana Center at Maine Medical Parking/back side of hospital	2nd & 4th Monday 7:00pm - 8:30pm
Portland	NAMI Portland	Alyce	(207) 899-0465	Spring Harbor Board Room	3rd Monday of month 7pm-8:30pm
Waterville	Mid-Maine NAMI	Diane Carol	(207) 873-4105 (207) 873-4408	Pleasant St. United Methodist Church 61 Pleasant St, Waterville	2nd Wednesday of month 6:30 - 8:00 pm
York	NAMI York	Kim	(207) 363-3429	Eliot United Methodist Church 238 Harold Dow Highway	2nd Tuesday of month 6:30pm - 8:30pm
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<b>NAMI COMBINED GROUPS</b>					
	<b>Group</b>	<b>Contact</b>	<b>Phone</b>	<b>Meeting Location</b>	<b>Date/Time</b>
Augusta	NAMI - Opened Eyes	Jodie	(207) 242 9871	Riverview Psychiatric Center	2nd Saturday of month
				Conference Room Augusta	12 - 1:30 pm
Augusta - VA	NAMI Veterans and Families	Carol	(207) 622-5767	Togus Vet Center	2nd Wednesday of month
		Bruce		Bldg 200 Room 106C	6pm - 7:30pm
Sanford	NAMI-Lights the Way-Sanford	Dick	(207) 457-5458	North Congregational Church	1st & 3rd Thursdays
		Tammy	(207) 752-1850	Robie Educ. Bld 2nd Floor	7:00pm - 9:00pm
				983 Main St., Sanford	
Hancock	NAMI Hancock County	Sue	(207) 422-2011	Hancock Woman's Club	2nd Thursday of month
		Joanne	(207) 483-6040	Rt. 1	6:30 PM
				across from Post Office	
Rockport	NAMI Coastal Area	Anne	(207) 594-2015	Pen Bay Medical Center	4th Tuesday of month
	Coastal Area			PARC Unit	7:00pm - 8:00 pm
<b>NAMI PEER GROUPS</b>					
	<b>Group</b>	<b>Contact</b>	<b>Phone</b>	<b>Meeting Location</b>	<b>Date/Time</b>
Augusta	NAMI Connections	Karin	(207) 441-7476	Maine General, Augusta	Every Wednesday
				Lower Level Conference Room	5:15-6:45 pm
Livermore Falls	Western Maine Peer Support Group	Fran	(207) 622-5767	Western Maine Family Health Center, 80 Main St, Central Plaza	1st & 3rd Tuesday of month
					6:30-8:00 pm
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Machias	Washington County Suport Group	Richard	(207) 733-2982	Kay Parker Building	1st Monday
	Peer Support		(207) 271-7024	Hadley Lake Rd.- Machias	6:30pm
Harrington	Harrington Peer Support Group	Mara	(207) 483-9759	Harrington Clinic	Every Tuesday
	Peer Support	Joanne	(207) 483-6040		6:00-7:00 pm
Newcastle	NAMI Lincoln County	Sara	(207) 882-9877	Hodgdon Green	3rd Wednesday
	Peer Group	Mat	(207) 882-7426	6 Hodgdon St., Damariscotta	6:30pm - 8:30pm
Saco	NAMI ACES Saco	David	(207) 967-8037	Most Holy Trinity Church	Every Monday
	Depression & bipolar peer support			Main St., Saco	7:00pm
York	NAMI Connections	Kim	(207) 363-3429	Eliot United Methodist Church	Every Tuesday
	Peer Support	Sue	(207) 363-2458	238 Harold Dow Highway	1-2:30 pm
<b>Depression Bipolar Support Alliance (DBSA) GROUPS</b>					
	Group	Contact	Phone	Meeting Location	Date/Time
Lewiston	Lewiston DBSA	Bill	(207) 409-9096	St. Mary's Regional Medical	Every Tuesday
				Bank of America Room	7:00pm - 8:30pm
Portland	Portland DBSA	Jeffrey	(207) 650-3248	Dana Center at Maine Medical	Every Monday
		Ken	(207) 899-0121	Parking/back side of hospital	7:00pm - 9:00pm
Portland	Portland DBSA	Ken	(207) 899-0121	Dana Center at Maine Medical	Every Wednesday
		Jeffrey	(207) 650-3248	Parking/back side of hospital	1:30pm - 3:30pm
Rockland	Mid Coast DBSA	Heather	(207) 691-3599	First Universalist Church	Every Thursday
				345 Broadway, Rockland	7:00 pm
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