

## 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

## NAMI COMBINED GROUPS

	Group	Contact	Phone	Meeting Location	Date/Time
Augusta	NAMI - Opened Eyes	Jodie	(207) 242 9871	Riverview Psychiatric Center Conference Room Augusta	2nd Saturday of month 12 - 1:30 pm
Augusta - VA	NAMI Veterans and Families	Carol Bruce	(207) 622-5767	Togus Vet Center Bldg 200 Room 106C	2nd Wednesday of month 6pm - 7:30pm
Sanford	NAMI-Lights the Way-Sanford	Dick Tammy	(207) 457-5458 (207) 752-1850	North Congregational Church Robie Educ. Bld 2nd Floor 983 Main St., Sanford	1st & 3rd Thursdays 7:00pm - 9:00pm
Hancock	NAMI Hancock County	Sue Joanne	(207) 422-2011 (207) 483-6040	Hancock Woman's Club Rt. 1 across from Post Office	2nd Thursday of month 6:30 PM
Rockport	NAMI Coastal Area Coastal Area	Anne	(207) 594-2015	Pen Bay Medical Center PARC Unit	4th Tuesday of month 7:00pm - 8:00 pm

## NAMI PEER GROUPS

	Group	Contact	Phone	Meeting Location	Date/Time
Augusta	NAMI Connections	Karin	(207) 441-7476	Maine General, Augusta Lower Level conference room	Every Wednesday 5:15-6:45 pm
Livermore Falls	Western Maine Peer Support Group	Fran	(207) 622-5767	Western Maine Family Health Center	1st & 3rd Tuesday of month 6:30-8:00 pm

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 Peer Group	Sara Mat	(207) 882-9877 (207) 882-7426	Hodgdon Green 6 Hodgdon St., Damariscotta	3rd Wednesday 6:30pm - 8:30pm
Saco	NAMI ACES Saco	David	(207) 967-8037	Most Holy Trinity Church Main St., Saco	Every Monday 7:00pm
York	NAMI Connections Peer Support	Kim Sue	(207) 363-3429 (207) 363-2458	Eliot United Methodist Church 238 Harold Dow Highway	Every Tuesday 1-2:30 pm
<b>Depression Bipolar Support Alliance (DBSA) GROUPS</b>					
	<b>Group</b>	<b>Contact</b>	<b>Phone</b>	<b>Meeting Location</b>	<b>Date/Time</b>
Portland	Portland DBSA	Jeffrey Ken	(207) 650-3248 (207) 899-0121	Dana Center at Maine Medical Parking/back side of hospital	Every Monday 7:00pm - 9:00pm
Portland	Portland DBSA	Ken Jeffrey	(207) 899-0121 (207) 650-3248	Dana Center at Maine Medical Parking/back side of hospital	Every Wednesday 1:30pm - 3:30pm
Rockland	Mid Coast DBSA	Heather	(207) 691-3599	First Universalist Church 345 Broadway, Rockland	Every Thursday 7:00 pm