

# January 2021

NAMI Southwest Washington

[www.namiswwa.org](http://www.namiswwa.org) | 360-695-2823

[info@namiswwa.org](mailto:info@namiswwa.org)

## MONDAYS

### Connection & Substance Use Disorder Support Group

Every Monday, 4:00 - 5:30 PM  
[www.namiswwa.org/connsud](http://www.namiswwa.org/connsud)

Open to all adults (18+) living with a mental health condition and co-occurring substance use disorder.

## TUESDAYS

### Family Support Group

1st Tuesdays, 6:30 - 8:00 PM  
[www.namiswwa.org/fsg1tues](http://www.namiswwa.org/fsg1tues)

### Family Support Group

3rd Tuesdays, 6:30 - 8:00 PM  
[www.namiswwa.org/fsg3tues](http://www.namiswwa.org/fsg3tues)

Open to all adults (18+) who have a loved one living with a mental health condition.

## WEDNESDAYS

### Women's Connection Support Group

Every Wednesday, 10:00 - 11:30 AM  
[www.namiswwa.org/women](http://www.namiswwa.org/women)

Open to adult (18+) women living with a mental health condition.

## THURSDAYS

### Connection Recovery Support Group

Every Thursday, 3:00 - 4:30 PM  
[www.namiswwa.org/connection](http://www.namiswwa.org/connection)

Open to all adults (18+) living with a mental health condition.

### Family Support Group

Every Thursday, 3:00 - 4:30 PM  
[www.namiswwa.org/fsgthurs](http://www.namiswwa.org/fsgthurs)

Open to all adults (18+) who have a loved one living with a mental health condition.

## FRIDAYS

### Creative Writing Group

Every Friday, 12:00 - 1:30 PM  
[www.namiswwa.org/swwawriting](http://www.namiswwa.org/swwawriting)

Open to all adults (18+) who want to socialize with others and share writing. All levels of expertise accepted.

*We will not be meeting January 1.*

### LGBTQI+ and Allies Connection Support Group

Every Friday, 5:00 - 6:30 PM  
[www.namiswwa.org/lgbtqi](http://www.namiswwa.org/lgbtqi)

Open to LGBTQI+ adults (18+) and their allies living with a mental health disorder.

All support groups are confidential, led by peers with their own lived experience.

For more information, visit our website at [www.namiswwa.org/support-groups](http://www.namiswwa.org/support-groups).

### Important numbers:

**SW WA Crisis Line:** 1-800-626-8137

**National Suicide Prevention Lifeline:**  
1-800-273-8255

**Youth Crisis Line:** 1-877-968-8491

**NAMI Helpline:** 1-800-950-NAMI (6264)

**CVAB Warmline (4-12AM):** 360-903-2853