

LOCAL SUPPORT GROUPS

Support is provided through local support group meetings, membership meetings, speaker events, and other services provided through our local office at 5 Mark Lane in Hyannis. Meeting dates & contacts can change – Please call the office for the most up-to-date information. **NOTE: SOME GROUPS CONTINUE TO MEET ON ZOOM.**

Support groups are drop-in, you do not need to register in advance.

For Family and Friends of People with Mental Illness

CENTERVILLE

Zoom Meeting

1st or 3rd Friday of the month
12:00 pm

Contact: Jessica,
jessicagreenan@comcast.net

WELLFLEET

Zoom Meeting

4th Tuesday of month
6:00 – 7:30 pm

Contact: NAMI 508-778-4277
klemmon@namicapecod.org

BARNSTABLE

In-Person

3rd Tuesday of month
7:00 – 8:30 pm

St. Mary's Episcopal Church
3055 Main St. (Rt. 6A)
Contact: NAMI 508-778-4277
klemmon@namicapecod.org

EAST HARWICH

In-Person

2nd Tuesday of month
6:00 – 7:00 pm

St. Peter's Lutheran Church
310 Route 137 (1/4 mile south
of Rt. 6 Exit 11)
Contact: NAMI 508-778-4277
klemmon@namicapecod.org

SOUTH YARMOUTH

In-Person

1st Thursday of month
6:00 - 7:30 pm

The Cultural Center of
Cape Cod
307 Old Main Street
South Yarmouth, MA 02664
Contact: NAMI 508-778-4277
klemmon@namicapecod.org

For Family and Friends of People with Mental Illness on the Islands

MARTHA'S VINEYARD

Zoom Meeting

3rd Tuesday of month
7:00 – 8:30 pm

Contact: NAMI 508-778-4277
klemmon@namicapecod.org

NANTUCKET

Zoom Meeting

2nd Wednesday of month
7:00 – 8:30 pm

Contact: Suzanne, 508-332-9823

Support for Parents/Caregivers: Supporting Teens/Young Adults with Emotional Dysregulation

Zoom Meeting

2nd Monday of month
6:00 pm

Contact: NAMI 508-778-4277
klemmon@namicapecod.org

Support for Parents/Caregivers: Schizophrenia Spectrum Diagnosis

MASHPEE

Hybrid Meeting

1st Tuesday of the month
6:30 pm

400 Nathan Ellis Highway, Suite B
Contact: Cliff, cliff.jazzdog@gmail.com

Family and Friends Supporting Borderline Personality Disorder

Zoom Meeting with Lisa

2nd Wednesday of the month
6:00 pm

Contact: Lisa, (508) 560-3678,
lisanamimv@gmail.com

Zoom Meeting with Debbie

2nd Wednesday of the month
6:30 pm

Contact: NAMI 508-778-4277,
Debbie, debrabratcher000@gmail.com

Zoom Meeting with Suzanne

4th Thursday of the month
7:00 pm

Contact: Suzanne, 508-332-9823

For People with Mental Illness

ORLEANS

In-Person

Every Wednesday
2:00 – 3:30 pm

Federated Church of Orleans
162 Main Street, East Orleans
Contact: NAMI 508-778-4277

**BODY + MIND =
WHOLE PERSON**