

## 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 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**