



LOCAL SUPPORT GROUPS

Support is provided through local support group meetings, membership meetings, speaker events, and other services provided through our local office at 248 Stevens Street 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 month

12:00 pm

Contact: Jessica,

jessicagreenan@comcast.net

BARNSTABLE

In-Person

3rd Tuesday of month

6:00 – 7:00 pm

St. Mary's Episcopal Church

3055 Main St. (Rt. 6A)

Contact: NAMI 508-778-4277

info@namicapecod.org

EAST HARWICH

In-Person

2nd Tuesday of month

6:00 – 7:00pm

St. Peter's Lutheran Church 310 Route 137

(1/4 mile south of Rt. 6 Exit 11)

Contact: NAMI 508-778-4277

info@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

info@namicapecod.org

WELLFLEET

Zoom Meeting

4th Tuesday of month

6:00 – 7:30 pm

Contact: NAMI 508-778-4277

info@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

info@namicapecod.org

NANTUCKET

Zoom Meeting

2nd Wednesday of month

7:00 – 8:30pm

Contact: Suzanne, 508-332-9823

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 BPD/Emotional Dysregulation

Zoom Meeting

2nd Wednesday of month

6:00 pm

Contact: NAMI 508-778-4277

info@namicapecod.org

Zoom Meeting with Suzanne

4th Thursday of month

7:00 pm

Contact: Suzanne, 508-332-9823

Connection Recovery Support Group for Peers

ORLEANS

In-Person

Every Wednesday

2:00 – 3:30pm

Federated Church of Orleans

162 Main Street, East Orleans

Contact: NAMI 508-778-4277

info@namicapecod.org

HYANNIS

In-Person

Every Thursday

4:30 pm

Cape Cod Regional Transit Authority

1 Transportation Avenue, 1st Floor

Contact: NAMI 508-778-4277

info@namicapecod.org

HYANNIS

In-Person

Every Monday

5:00pm

Hyannis Recovery Connection Center

106 Bassett Lane, Hyannis, MA, Unit #2

Contact: NAMI 508-778-4277

info@namicapecod.org