NAMI National Alliance on Mental Illness | Cape Cod & The Islands

508-778-4277 | info@namicapecod.org
NAMICAPECOD.ORG
248 Stevens Street | Hyannis MA 02601

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. NAMI CC&I*** *Contact: 508-778-4277, info@namicapecod.org*

For Family and Friends of People with Mental Illness

CENTERVILLE
Zoom Meeting
Every Friday
12:00 pm
Contact: Jessica, jessicagreenan@comcast.net

BARNSTABLE
In-Person
3rd Tuesday of month
6:00 – 7:30 pm
St. Mary's Episcopal Church
3055 Main St. (Rt. 6A)
Contact: NAMI CC&I

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 CC&I

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 CC&I

WELLFLEET
Zoom Meeting
4th Tuesday of month
6:00 – 7:00 pm
Contact: NAMI CC&I

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 CC&I

NANTUCKET
Zoom Meeting
2nd Wednesday of month
7:00 – 8:30 pm
Contact: Suzanne, 508-332-9823

Support for Parents/Caregivers: Schizophrenia Spectrum Diagnosis

MASHPEE
1st Tuesday of the month
6:30 pm
Contact: Cliff, cliff.jazzdog@gmail.com

Zoom Meeting
3rd Tuesday of the month
6:30 pm
Contact: Cliff, cliff.jazzdog@gmail.com

Family and Friends Supporting BPD / Emotional Dysregulation

Zoom Meeting
2nd Tuesday of month
6:00 pm
Contact: NAMI CC&I

Zoom Meeting
4th Thursday of the month
7:00 pm
Contact: Suzanne, 508-332-9823

Connection Recovery Support Group for Peers

ORLEANS
In-Person
Every Wednesday
2:00 – 3:30 pm
Federated Church of Orleans
162 Main Street, East Orleans
Contact: NAMI CC&I

Hyannis
In-Person
Every Thursday
4:30 pm
Cape Cod Regional Transit Authority
1 Transportation Avenue, 1st Floor
Contact: NAMI CC&I

Hyannis
In-Person
Every Monday
5:00 pm
Hyannis Recovery Connection Center
106 Bassett Lane, Hyannis, MA, Unit #2
Contact: NAMI CC&I

BODY + MIND = WHOLE PERSON