

**FAMILY SUPPORT GROUPS  
IN ENGLISH**

**Clairemont**

2nd Monday, 7-8:30pm  
St. David's Episcopal Church (Library)  
5050 Milton Street, San Diego, 92110  
Contact Helpline\*: (619) 543-1434 or  
(800) 523-5933

**East County**

2nd Wednesday, 6-7:30pm  
El Cajon Library  
201 E. Douglas Ave., El Cajon, 92020  
Contact Helpline\*: (619) 543-1434 or  
(800) 523-5933

**Escondido**

Every Tuesday, 4-6pm  
Park Avenue Community Ctr, Cedar Rm  
210 East Park Ave., Escondido, 92025  
Contact Helpline\*: (619) 543-1434 or  
(800) 523-5933

**La Mesa**

1st Tuesday, 6:30-8pm  
St. Andrews Lutheran Church  
8350 Lake Murray Blvd.  
Community Center, 2nd Floor  
San Diego, 92119  
Contact Helpline\*: (619) 543-1434  
or (800) 523-5933

**Ramona**

1st Wednesday, 7-8:30pm  
Ramona United Methodist Church  
3394 Chapel Lane, Ramona, 92065  
Contact Helpline\*: (619) 543-1434  
or (800) 523-5933

**Rancho Bernardo**

3rd Monday, 7-9pm  
Rancho Bernardo Community  
Presbyterian Church  
17010 Pomerado Road  
San Diego, 92128  
Contact Helpline\*: (619) 543-1434  
or (800) 523-5933

**North Central San Diego**

3rd Tuesday, 11:30am-1pm  
5095 Murphy Canyon Road, Suite 320  
San Diego, 92123  
Contact Helpline\*: (800) 523-5933  
or (619) 543-1434

**FAMILY SUPPORT GROUPS  
IN SPANISH**

**North Coastal**

1st Friday, 6:30-8:30pm  
Tri City Medical Center  
Conference Room 7, Lower Level  
4002 Vista Way, Oceanside, 92056  
Contact: (760) 722-3754  
info@naminorthcoastal.org

**Otay Mesa**

2nd & 4th Tuesday, 6-8pm  
Otay Mesa Library  
3003 Coronado Ave.  
San Diego, 92154  
Contact: Gina Osuna (619) 288-3133

**South Bay**

1st Monday, 6-8pm  
South County Family Resource Center  
690 Oxford St, Chula Vista, 91911  
Contact: Kika at (619) 397-8835

**South San Diego**

4th Monday, 5-7pm  
Maria Sardinias Wellness & Recovery  
1465 30th Street, Suite K  
San Diego, 92154  
Contact: Kika at (619) 397-8835

**EDUCATION & ADVOCACY  
MEETINGS IN ENGLISH**

**NAMI San Diego**

1st Thursday, 6:30-8:30pm  
Meetings held at various locations  
Visit [namisandiego.org](http://namisandiego.org) or  
Contact Helpline\*: (800) 523-5933  
or (619) 543-1434 or email  
outreach@namisd.org

**North Coastal Education Meeting  
and Share and Care Support Group**

3rd Thursday, Meeting 7-8:30pm  
Support Group, 8:30-10pm  
St. Michael's by the Sea  
Episcopal Church  
2775 Carlsbad Blvd, Carlsbad, 92008  
Contact: (760) 722-3754  
info@naminorthcoastal.org

**TOPIC SUPPORT GROUPS**

**Borderline Personality Disorder  
Informational Meetings**

1st Thursday, 6:30-9pm  
UCSD Outpatient Psychiatric  
Services (Gifford Clinic)  
140 Arbor Drive, Rm 247  
San Diego, 92103  
Contact: Sandy Boone  
sboone@bpdglobal.com

**Criminal Justice Family Support**

3rd Thursday, 6-7:30pm  
Spring Valley Youth & Family Coalition  
3845 Spring Drive, Room 31,  
Spring Valley, 91977  
Contact Helpline\*: (619) 543-1434 or  
(800) 523-5933

**Sibling and Adult Children's Group**

Support for adults (18+) who are  
siblings of, or children of individuals  
with lived mental illness.  
2nd Wednesday, 7-9pm  
Scripps Memorial Campus  
Schaetzel Center / Noble Room  
9888 Genesee Ave., La Jolla, 92037  
Contact: Michelle at (760) 815-2684

**Spouses/Partners of Persons with  
a Diagnosis of Bi-Polar Disorder**

3rd Tuesday, 6:30-8pm  
Clairemont Lutheran Church  
Lutheran Hall, Room #2, 1st Floor  
4271 Clairemont Mesa Blvd.  
San Diego, 92117  
Contact: (858) 472-2058

**Substance Use Disorder and  
Co-Occurring Disorder Family  
and Friends Support Group**

4th Friday, 6-7:30pm  
NAMI San Diego Headquarters  
5095 Murphy Canyon Road,  
Suite 320, San Diego, 92123  
Contact Helpline\*: (800) 523-5933  
or (619) 670-1184



*\*Disclaimer: The NAMI San Diego  
Helpline is available M-F 9am-5pm.  
If you leave a message, please allow 48  
hours for a Helpline Volunteer to return  
your call.*