



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 Avenue
El Cajon, 92020
Contact Helpline*: (619) 543-1434 or
(800) 523-5933

Escondido

Every Tuesday, 4-6pm
**except the Jan 1st meeting will be on
Thursday, Jan 3rd**
Park Ave. Community Ctr, Cedar Rm
210 East Park Avenue
Escondido, 92025
Contact Helpline*: (619) 543-1434 or
(800) 523-5933

La Mesa

1st Tuesday, 6:30-8pm
except NO meeting in January
St. Andrews Lutheran Church
8350 Lake Murray Blvd.
Community Center, 2nd Floor
San Diego, 92119
Contact Helpline*: (619) 543-1434 or
(800) 523-5933

Rancho Bernardo

3rd Tuesday, 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*: (619) 543-1434
or (800) 523-5933

***Disclaimer: The NAMI San Diego Helpline is
available M-F 9am-5pm. Please allow time
for a Helpline Volunteer to return your call.**

Revised: 12/20/18

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

Otay Mesa

2nd Tuesday, 6-8pm
Otay Mesa Library
3003 Coronado Ave, San Diego 92154
Contact: Helpline* (619) 543-1434,
(800) 523-5933 or
Aurora (619) 565-0222

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
Meetings held at various locations & times
Visit namisandiego.org or
Contact Helpline*: (619) 543-1434
or (800) 523-5933 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

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
NAMI San Diego 5095 Murphy Canyon Rd
Suite 320, San Diego, 92123
Contact Helpline*: (619) 543-1434 or
(800) 523-5933

PEP - Parents Empowering Parents

(parents and caregivers of youth up to 25)
3rd Wednesday, 6-8pm
NAMI San Diego
5095 Murphy Canyon Road,
Suite 320, San Diego, 92123
Text or call CYFL (858) 987-2980

Sibling and Adult Children's Group

Support for adults (18+) who are
siblings of, or children of, individuals with
mental challenges.
2nd Wednesday, 7-9pm
Scripps Memorial Campus
Schaezel Center / Noble Room
9888 Genesee Ave., La Jolla, 92037
Contact Helpline*: (619) 543-1434,
(800) 523-5933 or 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 Helpline*: (619) 543-1434,
(800) 523-5933 or Bill (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*: (619) 543-1434
or (800) 523-5933