



### 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  
Park Avenue Community Center,  
**Location has temporarily changed  
please see calendar  
<https://namisandiego.org/calendar/>  
for details, or call 619-961-3232,  
between 10-6pm.**  
210 East Park Avenue  
Escondido, 92025

#### 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

#### 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.**

### FAMILY SUPPORT GROUPS IN ENGLISH

#### Oceanside

**Starting April 10th**  
2nd Wednesday, 6:30pm-8:00pm  
SD North Coastal Live Well Center  
1701 Mission Blvd, Room D  
Oceanside 92054  
Contact Helpline\*: (619) 543-1434  
or (800) 523-5933

### 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 E&A

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

#### North Coastal E&A

Thursday, May 16th, 7-8:30pm  
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

##### Temporarily Cancelled

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