

# Affiliate Support Group List and Counties Served

Jan 2019 rev.

County	NAMI AFFILIATE	SUPPORT GROUPS OFFERED
Albany	NAMI Capital Region (518) 588-6949 NAMI Schenectady (518) 374-8071	<p><b>NAMI Capital Region <i>Family support group</i></b> the 1st and the 3rd Wednesday of each month at the SUNYA School of Health, One University Place, Rensselaer, from 6:30-8:00pm. On the 2nd and 4th Tuesdays there is a <b><i>Family Support group</i></b> at Church of Latter Day Saints, 420 New Scotland Ave., Albany 6:00-7:30PM.</p> <p><b>(NEW) NAMI Peer Connections</b> every 2nd Wednesday of the month at the NAMI NYS Office 99 Pine St., Suite 105, Albany, 6-7:30pm (518) 588-6949.</p> <p><b>NAMI Schenectady</b> For parents and relatives of someone with mental illness meets every Wednesday at 6:00 PM in the B3 Classroom at the hospital. You don't have to have a child or other relative hospitalized in Ellis psychiatry department to join the support group. Please call Kevin Moran, facilitator prior to first attendance (518) 243-4255.</p>
Allegany		
Bronx	NAMI Westchester (914) 592-5458 NAMI NYC Metro (212) 684-3264	<p><b>NAMI Westchester County <i>Friends and Families Support Groups</i></b> meet 1st Monday at 7:30-9:00pm, 2nd Thursday at 7:30-9:00pm, 2nd Saturday at 10:00-11:30 am, 3rd Thursday at 7:00-8:30pm, and 4th Tuesday at 7:00-8:30pm.</p> <p><b><i>Parents/Caregiver of Adolescents &amp; Young Adults Support Groups</i></b> meet 2nd Tuesday at 7:30-9:00pm, 4th Wednesday at 7:00-8:30pm. <b><i>Spousal Support Group</i></b> meets 3rd Thursday at 7:00-8:30pm. <b><i>NAMI Connection</i></b>, a peer run support group for those living with a mental illness meets, 1st Tuesday at 7:00-8:30pm, 2nd Tuesday at 7:00-8:30 pm, 3rd Tuesday at 7:00-8:30pm, 3rd Saturday at 1:00-2:30, and 4th Tuesday at 7:00-8:30. For places, days, and times and to register for a support group, please call our offices at (914) 592-5458.</p> <p><b>NAMI NYC Metro</b> Please visit:  <a href="https://www.naminycmetro.org/find-support/">https://www.naminycmetro.org/find-support/</a> For all listings</p>

Broome	NAMI Delaware & Otsego NAMI Finger Lakes	(607) 326-4797 (607) 273-2462	<b>NAMI Delaware &amp; Otsego Counties <i>Family Support Group</i></b> on the 4th Thursday of each month at 6:30 PM, at O'Connor Hospital, Main Floor Conference Room, 460 State Route 28/Andes Road, Delhi. Please call ahead during inclement winter weather to make sure group is being held. <b>NAMI Finger Lakes <i>General Support Groups</i></b> 1st Tuesday at 7 pm and 3rd Monday at 1:30pm, NAMI Finger Lakes office, Clinton Hall, Suite 2, Ithaca. <b><i>Family Forum</i></b> , with Tompkins County Mental Health Services, 4th Tuesday of the Month at 6:30pm at Tompkins County Mental Health, 201 E Green St., Ithaca.
Cattaraugus	NAMI Cattaraugus	(716) 373-4602	
Cayuga	NAMI Cayuga	(315) 255-7443	<b>NAMI Cayuga County <i>Family Support Group</i></b> 1st and 3rd Tuesday at 6 pm, 2nd floor, Assembly Room, Auburn Memorial Hospital, Auburn.
Chautauqua			
Chemung	NAMI Finger Lakes	(607) 273-2462	<b>NAMI Finger Lakes <i>General Support Groups</i></b> 1st Tuesday at 7 pm and 3rd Monday at 1:30pm, NAMI Finger Lakes office, Clinton Hall, Suite 2, Ithaca. <b><i>Family Forum</i></b> , with Tompkins County Mental Health Services, 4th Tuesday of the month at 6:30pm, at Tompkins County Mental Health, 201 E Green St., Ithaca.
Chenango	NAMI Syracuse NAMI Delaware & Otsego	(315) 487-2085 (607) 326-4797	<b>NAMI Syracuse <i>Support and Share meetings</i></b> - 3rd Tuesday of each month at 7pm, NAMI Syracuse office, Access-CNY, 420 E Genesee St., Syracuse. <b><i>Family Support Group</i></b> meets the 2nd Wednesday of each month, 10am, NAMI Syracuse office, 917 Avery Ave., Syracuse. <b>NAMI Delaware &amp; Otsego Counties <i>Family Support Group</i></b> on the 4th Thursday of each month at 6:30 PM, at O'Connor Hospital, Main Floor Conference Room, 460 State Route 28/Andes Road, Delhi. Please call ahead during inclement winter weather to make sure group is being held.
Clinton	NAMI Champlain	(518) 561-2685	<b>SEE ATTACHMENT</b>
Columbia	NAMI Columbia	(518) 336-0246	<b>NAMI Columbia County <i>Family Support Groups</i></b> are held the 1st Friday of each month 6:30-8:00 pm at Morris Memorial, 21 Park Row, Chatham. Please call (518) 336-0246.

Cortland	NAMI Finger Lakes NAMI Cayuga NAMI Syracuse	(607) 273-2462 (315) 255-7443 (315) 487-2085	<p><b>NAMI Finger Lakes <i>General Support Groups</i></b> 1st Tuesday at 7 pm and 3rd Monday at 1:30pm, NAMI Finger Lakes office, Clinton Hall, Suite 2, Ithaca.</p> <p><b><i>Family Forum</i></b> , with Tompkins County Mental Health Services, 4th Tuesday of the month at 6:30pm, at Tompkins County Mental Health, 201 E Green St., Ithaca.</p> <p><b>NAMI Cayuga County <i>Family Support Group</i></b> 1st and 3rd Tuesday at 6 pm, 2nd floor, Assembly Room, Auburn Memorial Hospital, Auburn.</p> <p><b>NAMI Syracuse <i>Support and Share meetings</i></b> - 3rd Tuesday of each month at 7pm, Access-CNY, 420 E Genesee St., Syracuse.</p> <p><b><i>Family Support Group</i></b> meets the second Wednesday of each month, 10am, NAMI Syracuse office, 917 Avery Ave., Syracuse.</p>
Delaware	NAMI Delaware & Otsego	(607) 326-4797	<p><b>NAMI Delaware &amp; Otsego Counties <i>Family Support Group</i></b> on the 4th Thursday of each month at 6:30 PM, at O'Connor Hospital, Main Floor Conference Room, 460 State Route 28/Andes Road, Delhi. Please call ahead during inclement winter weather to make sure group is being held.</p>

Dutchess	NAMI Mid-Hudson	(845) 206-9892	<p><b>NAMI Mid-Hudson</b></p> <p><b><i>POUGHKEEPSIE SUPPORT GROUP</i></b>  MidHudson Regional Hospital of Westchester Medical Center  Sister M. Ann Elizabeth- Conference Room Lower level  241 North Road, Poughkeepsie  3rd Tuesday of Every Month 6:30 pm - 8:30 pm</p> <p><b><i>DOVER PLAINS SUPPORT GROUP</i></b>  Dover High School Library- Conference Room  2368 Route 22, Dover Plains  1st Wednesday of Every Month 6:30 pm - 8:30 pm  (Summer Months and School Closings, please call for location.)</p> <p><b><i>WAPPINGERS FALLS SUPPORT GROUP</i></b>  Perkins Restaurant &amp; Bakery (Back Room)  1576 US 9, Wappingers Falls  2nd Monday of Every Month 6:30 pm - 8:30 pm</p> <p><b><i>Latino Support Group</i></b>  Please contact: <a href="mailto:programs@namimidhudson.org">programs@namimidhudson.org</a> for more information</p> <p><b><i>KINGSTON SUPPORT GROUP</i></b>  Mental Health Association Building  300 Aaron Court, Kingston  1st and 3rd Monday of every month 6:00 pm - 7:30 pm  (Please ring bell to gain admittance. Closed Federal Holidays.)</p> <p><b><i>NAMI CONNECTIONS</i></b>  MidHudson Regional Hospital of Westchester Medical Center  Sister M. Ann Elizabeth- Conference Room Lower Level  241 North Road, Poughkeepsie  2nd Friday of Every Month 6:30 pm - 8:00 pm</p>
----------	-----------------	----------------	--

Erie	NAMI Buffalo & Erie (716) 226-6264	<b>NAMI Buffalo &amp; Erie County <i>Support Groups for family members and caregivers</i></b> ; the 3rd Wednesday of each month at 7PM at Watermark Wesleyan Church, 4999 McKinley Pkwy, Door 3, Room 124, Hamburg and 3rd Wednesday of each month at 7PM at St. Paul's Lutheran Church, 4007 Main St., Amherst. Also offers a monthly <b><i>Family Education meeting</i></b> on the 2nd Thursday of each month at St. Paul's Lutheran Church, 4007 Main St., Amherst. Library/social time, 7:00 pm; program at 7:30 pm. Each month features a different topic and variety of presenters. Details available on our calendar at <a href="http://www.namibuffalony.org">www.namibuffalony.org</a> .
Essex	NAMI Champlain (518) 561-2685	<b>SEE ATTACHMENT</b>
Franklin	NAMI Champlain (518) 561-2685	<b>SEE ATTACHMENT</b>
Fulton	NAMI MFH (518) 843-3261	<b>NAMI Montgomery, Fulton &amp; Hamilton Counties</b> <b><i>Icebreakers Peer Support group</i></b> Every Tuesday, 3:30-5:30PM, 2390 Riverfront Center, Amsterdam <b><i>Family Support Group</i></b> 1st Thursday of every Month, 6:00-7:30PM, 2390 Riverfront Center, Amsterdam <b><i>Spanish Support Group</i></b> 3rd Friday of Every Month, 5:30-7:00PM, 2390 Riverfront Center, Amsterdam <b><i>Friends of Recovery</i></b> Every Wednesday, 6:30-8:00PM, 2390 Riverfront Center, Amsterdam <b><i>Support Group</i></b> -2nd Tuesday of Every Month, 5:30-7:00P, 6:30-8:00PM 8 River St., Nelliston <b><i>Support Group</i></b> - 3rd Thursday of every month, 5:30-7:00PM, 73 N Main St., Argersinger Building, 2nd Floor, Gloversville

Genesee	NAMI Buffalo & Erie NAMI Rochester	(716) 226-6264 (585) 423-1593	<p><b>NAMI Buffalo &amp; Erie County <i>Support Groups for family members and caregivers ; Family Support Group</i></b> the 3rd Wednesday of each month at 7PM at Watermark Wesleyan Church, 4999 McKinley Pkwy, Door 3, Room 124, Hamburg and 3rd Wednesday of each month at 7PM at St. Paul's Lutheran Church, 4007 Main St., Amherst. Also offers a monthly <b><i>Family Education meeting</i></b> on the 2nd Thursday of each month at St. Paul's Lutheran Church, 4007 Main St., Amherst. Library/social time, 7:00 pm; program at 7:30 pm. Each month features a different topic and variety of presenters. Details available on our calendar at <a href="http://www.namibuffalony.org">www.namibuffalony.org</a>.</p> <p><b>NAMI Rochester: <i>Connection Recovery Support Group</i></b> is held the 2nd Thursday of each month &amp; the 4th Monday of each month, 6:30-8:00 PM. This is a no-cost recovery support group for adults affected by mental illness regardless of their diagnoses. The group is led by trained peers and offers a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. NAMI Rochester Office, 320 N Goodman St., Suite 103, Rochester.</p> <p><b><i>Family &amp; Friends Support Group</i></b> 2nd Wednesday of each month 1:00- 2:30 PM. This group provides support to families and friends of people affected by mental illness. NAMI Rochester Office, 320 N Goodman St., Suite 103, Rochester.</p> <p><b><i>Family &amp; Friends Support Group</i></b> , 4th Monday of each month 6:30-8:00 PM. This group provides support to families and friends of people affected by mental illness. Children's Institute, Inc. 274 N Goodman St., Suite D103, Rochester.</p> <p><b><i>Canandaigua Family &amp; Friends Support Group</i></b> is the 3rd Tuesday of each month 6:30-8:00 PM. This group provides support to families and friends of people affected by mental illness. The group is facilitated by trained NAMI members who have a loved one affected by mental illness. St. John's Episcopal Church, Vestry Meeting Room, 183 N Main St., Canandaigua.</p> <p><b><i>Support Group for individuals and families affected by mental illness</i></b> , is held the 2nd Thursday of each month 7:00-8:30 PM. This group is open to individuals living with mental illness, as well as family members, friends, and caregivers of people affected by mental illness. First Baptist Church of Williamson, 4212 E Main St., Williamson.</p>
Greene	NAMI Greene	(518) 622-8713	

Hamilton	NAMI MFH	(518) 843-3261	<p><b>NAMI Montgomery, Fulton &amp; Hamilton Counties</b></p> <p><b>Icebreakers Peer Support group</b> - Every Tuesday, 3:30-5:30PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Family Support Group</b> - 1st Thursday of every Month, 6:00-7:30PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Spanish Support Group</b> - 3rd Friday of Every Month, 5:30-7:00PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Friends of Recovery</b> - Every Wednesday, 6:30-8:00PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Support Group</b> - 2nd Tuesday of Every Month, 5:30-7:00P, 6:30-8:00PM 8 River St., Nelliston</p> <p><b>Support Group</b> - 3rd Thursday of every month, 5:30-7:00PM, 73 N Main St., Argersinger Building, 2nd Floor, Gloversville</p>
Herkimer	<p>NAMI MFH</p> <p>NAMI Syracuse</p> <p>NAMI Delaware &amp; Otsego</p>	<p>(518) 843-3261</p> <p>(315) 487-2085</p> <p>(607) 326-4797</p>	<p><b>NAMI Montgomery, Fulton &amp; Hamilton Counties</b></p> <p><b>Icebreakers Peer Support group</b> Every Tuesday, 3:30-5:30PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Family Support Group</b> 1st Thursday of every Month, 6:00-7:30PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Spanish Support Group</b> 3rd Friday of Every Month, 5:30-7:00PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Friends of Recovery</b> Every Wednesday, 6:30-8:00PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Support Group</b> -2nd Tuesday of Every Month, 5:30-7:00P, 6:30-8:00PM 8 River St., Nelliston</p> <p><b>Support Group</b> - 3rd Thursday of every month, 5:30-7:00PM, 73 N Main St., Argersinger Building, 2nd Floor, Gloversville</p> <p><b>NAMI Syracuse Support and Share meetings</b> - 3rd Tuesday of each month at 7pm, NAMI Syracuse office, Access-CNY, 420 E Genesee St., Syracuse.</p> <p><b>Family Support Group</b> meets the 2nd Wednesday of each month, 10am, NAMI Syracuse office, 917 Avery Ave., Syracuse.</p> <p><b>NAMI Delaware &amp; Otsego Counties Family Support Group</b> on the 4th Thursday of each month at 6:30 PM, at O'Connor Hospital, Main Floor Conference Room, 460 State Route 28/Andes Road, Delhi. Please call ahead during inclement winter weather to make sure group is being held.</p>

Jefferson	NAMI Syracuse (315) 487-2085	<p><b>NAMI Syracuse <i>Support and Share meetings</i></b> - 3rd Tuesday of each month at 7pm, NAMI Syracuse office, Access-CNY, 420 E Genesee St., Syracuse.</p> <p><b><i>Family Support Group</i></b> meets the 2nd Wednesday of each month, 10am, NAMI Syracuse office, 917 Avery Ave., Syracuse.</p>
Kings	NAMI Metro (212) 684-3264 NAMI Staten Island (718) 477-1700	<p><b>NAMI NYC Metro</b> Please visit: <a href="https://www.naminycmetro.org/find-support/">https://www.naminycmetro.org/find-support/</a> For all listings</p> <p><b>NAMI NYC Staten Island <i>Family Support group</i></b> meets 3 times a month, 1st, 3rd &amp; 4th Wednesday of each month at 7pm, 308 Seaview Ave., Staten Island, and a 1st Wednesday of each month at 6pm, Curtis High School, 105 Hamilton Ave. <b><i>NAMI Connection Peer Support Groups</i></b> (recovery support group for those with mental illnesses) meet 1st, 3rd &amp; 5th Saturday of the month from 1:30-3pm at the YMCA, 651 Broadway. Reformed Church of Huguenot Park, 5475 Amboy Road, Staten Island. <b><i>Family support Interfaith Prayer Group</i></b> , 3rd Saturday each month 11am-12 noon, Our Lady of Good Counsel Church, 10 Austin Place, Staten Island.</p>
Lewis	NAMI Syracuse (315) 487-2085	<p><b>NAMI Syracuse <i>Support and Share meetings</i></b> - 3rd Tuesday of each month at 7pm, NAMI Syracuse office, Access-CNY, 420 E Genesee S., Syracuse.</p> <p><b><i>Family Support Group</i></b> meets the 2nd Wednesday of each month, 10am, NAMI Syracuse office, 917 Avery Ave., Syracuse.</p>



Livingston	<p>NAMI Rochester (585) 423-1593</p>	<p><b>NAMI Rochester Connection Recovery Support Group</b> is held 2nd Thursday of each month &amp; the 4th Monday of each month, 6:30-8:00 PM. This is a no-cost recovery support group for adults affected by mental illness regardless of their diagnoses. The group is led by trained peers and offers a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. NAMI Rochester Office, 320 N Goodman St., Suite 103, Rochester.</p> <p><b>Family &amp; Friends Support Group</b> 2nd Wednesday of each month 1:00-2:30 PM. This group provides support to families and friends of people affected by mental illness. NAMI Rochester Office, 320 N Goodman St., Suite 103, Rochester.</p> <p><b>Family &amp; Friends Support Group</b> 4th Monday of each month 6:30-8:00 PM. This group provides support to families and friends of people affected by mental illness. Children’s Institute, Inc. 274 N Goodman St., Suite D103, Rochester.</p> <p><b>Canandaigua Family &amp; Friends Support Group</b> is the 3rd Tuesday of each month 6:30-8:00 PM. This group provides support to families and friends of people affected by mental illness. The group is facilitated by trained NAMI members who have a loved one affected by mental illness. St. John’s Episcopal Church, Vestry Meeting Room, 183 N Main St., Canandaigua.</p> <p><b>Support Group for individuals and families</b> affected by mental illness, is held the 2nd Thursday of each month 7:00-8:30 PM. This group is open to individuals living with mental illness, as well as family members, friends, and caregivers of people affected by mental illness. First Baptist Church of Williamson, 4212 E Main St., Williamson.</p>
Madison	<p>NAMI Syracuse (315) 487-2085  NAMI Delaware &amp; Otsego (607) 326-4797</p>	<p><b>NAMI Syracuse Support and Share meetings</b> - 3rd Tuesday of each month at 7pm, Access-CNY, 420 E Genesee St., Syracuse.</p> <p><b>Family Support Group</b> meets the second Wednesday of each month, 10am, NAMI Syracuse office, 917 Avery Ave.</p> <p><b>NAMI Delaware &amp; Otsego Counties Family Support Group</b> on the 4th Thursday of each month at 6:30 PM, at O’Connor Hospital, Main Floor Conference Room, 460 State Route 28/Andes Road, Delhi. Please call ahead during inclement winter weather to make sure group is being held.</p>

Monroe	NAMI Rochester	(585) 423-1593	<p><b>NAMI Rochester Connection Recovery Support Group</b> is held 2nd Thursday of each month &amp; the 4th Monday of each month, 6:30-8:00 PM. This is a no-cost recovery support group for adults affected by mental illness regardless of their diagnoses. The group is led by trained peers and offers a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. NAMI Rochester Office, 320 N Goodman St., Suite 103, Rochester.</p> <p><b>Family &amp; Friends Support Group</b> 2nd Wednesday of each month 1:00-2:30 PM. This group provides support to families and friends of people affected by mental illness. NAMI Rochester Office, 320 N Goodman St., Suite 103, Rochester.</p> <p><b>Family &amp; Friends Support Group</b> 4th Monday of each month 6:30-8:00 PM. This group provides support to families and friends of people affected by mental illness. Children’s Institute, Inc. 274 N Goodman St., Suite D103, Rochester.</p> <p><b>Canandaigua Family &amp; Friends Support Group</b> is the 3rd Tuesday of each month 6:30-8:00 PM. This group provides support to families and friends of people affected by mental illness. The group is facilitated by trained NAMI members who have a loved one affected by mental illness. St. John’s Episcopal Church, Vestry Meeting Room, 183 N Main St., Canandaigua.</p> <p><b>Support Group</b> for individuals and families affected by mental illness, is held the 2nd Thursday of each month 7:00-8:30 PM. This group is open to individuals living with mental illness, as well as family members, friends, and caregivers of people affected by mental illness. First Baptist Church of Williamson, 4212 E Main St., Williamson.</p>
--------	----------------	----------------	--

Montgomery	NAMI MFH	(518) 843-3261	<p><b>NAMI Montgomery, Fulton &amp; Hamilton Counties</b></p> <p><b>Icebreakers Peer Support group</b> - Every Tuesday, 3:30-5:30PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Family Support Group</b> - 1st Thursday of every Month, 6:00-7:30PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Spanish Support Group</b> - 3rd Friday of Every Month, 5:30-7:00PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Friends of Recovery</b> - Every Wednesday, 6:30-8:00PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Support Group</b> - 2nd Tuesday of Every Month, 5:30-7:00P, 6:30-8:00PM 8 River St., Nelliston</p> <p><b>Support Group</b> - 3rd Thursday of every month, 5:30-7:00PM, 73 N Main St., Argersinger Building, 2nd Floor, Gloversville</p>
Nassau	NAMI Queens/Nassau	(516) 326-0797	<p><b>NAMI Queens/Nassau Family Support Group</b>, 4th Wednesday of the month, 7-9pm, Unitarian Universalist Congregation at Shelter Rock, 48 Shelter Road, Manhasset.</p> <p><b>Whole Family Support Group</b>, 4th Wednesday of the month, 7-9pm, Unitarian Universalist Congregation at Shelter Rock, 48 Shelter Road, Manhasset.</p> <p><b>Family Support Group</b>, 3rd Tuesday of the month, 7-9pm, St. Raphael's Church, 600 Newbridge Road, East Meadow.</p>
New York	NAMI Metro	(212) 684-3264	<p><b>NAMI NYC Metro</b> Please visit:  <a href="https://www.naminycmetro.org/find-support/">https://www.naminycmetro.org/find-support/</a> For all listings</p>
Niagara	NAMI Buffalo & Erie	(716) 226-6264	<p><b>NAMI Buffalo &amp; Erie County Support Groups for family members and caregivers</b>; the 3rd Wednesday of each month at 7PM at Watermark Wesleyan Church, 4999 McKinley Pkwy, Door 3, Room 124, Hamburg and 3rd Wednesday of each month at 7PM at St. Paul's Lutheran Church, 4007 Main St., Amherst. Also offers a monthly <b>Family Education meeting</b> on the 2nd Thursday of each month at St. Paul's Lutheran Church, 4007 Main St., Amherst. Library/social time, 7:00 pm; program at 7:30 pm. Each month features a different topic and variety of presenters. Details available on our calendar at <a href="http://www.namibuffalony.org">www.namibuffalony.org</a>.</p>

Oneida	NAMI Syracuse	(315) 487-2085	<p><b>NAMI Syracuse <i>Support and Share meetings</i></b> - 3rd Tuesday of each month at 7pm, Access-CNY, 420 E Genesee St., Syracuse.</p> <p><b>Family Support Group</b> meets the second Wednesday of each month, 10am, NAMI Syracuse office, 917 Avery Ave., Syracuse.</p>
Onondaga	NAMI Syracuse	(315) 487-2085	<p><b>NAMI Syracuse <i>Support and Share meetings</i></b> - 3rd Tuesday of each month at 7pm, Access-CNY, 420 E Genesee St., Syracuse.</p> <p><b>Family Support Group</b> meets the second Wednesday of each month, 10am, NAMI Syracuse office, 917 Avery Ave., Syracuse.</p>
Ontario	NAMI Rochester	(585) 423-1593	<p><b>NAMI Rochester <i>Connection Recovery Support Group</i></b> is held 2nd Thursday of each month &amp; the 4th Monday of each month, 6:30-8:00 PM. This is a no-cost recovery support group for adults affected by mental illness regardless of their diagnoses. The group is led by trained peers and offers a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. NAMI Rochester Office, 320 N Goodman St., Suite 103, Rochester.</p> <p><b>Family &amp; Friends Support Group</b> 2nd Wednesday of each month 1:00-2:30 PM. This group provides support to families and friends of people affected by mental illness. NAMI Rochester Office, 320 N Goodman St., Suite 103, Rochester.</p> <p><b>Family &amp; Friends Support Group</b> 4th Monday of each month 6:30-8:00 PM. This group provides support to families and friends of people affected by mental illness. Children’s Institute, Inc. 274 N Goodman St., Suite D103, Rochester.</p> <p>Canandaigua Family &amp; Friends Support Group is the 3rd Tuesday of each month 6:30-8:00 PM. This group provides support to families and friends of people affected by mental illness. The group is facilitated by trained NAMI members who have a loved one affected by mental illness. St. John’s Episcopal Church, Vestry Meeting Room, 183 N Main St., Canandaigua.</p> <p><b>Support Group</b> for individuals and families affected by mental illness, is held the 2nd Thursday of each month 7:00-8:30 PM. This group is open to individuals living with mental illness, as well as family members, friends, and caregivers of people affected by mental illness. First Baptist Church of Williamson, 4212 E Main St., Williamson.</p>

Orange	NAMI Orange	(845) 956-6264	<p><b>NAMI Orange County:</b></p> <p><b>Family Support Group</b> 1st Thursday of the month 7-9pm First Presbyterian of Goshen Church, 33 Park Place, Goshen.</p> <p><b>Family Support Group</b> 3rd Monday of every month 7:00-9:00 pm at Orange Regional Medical Center, Conference Room 7, 707 E Main St., Middletown.</p>
Orleans	NAMI Buffalo & Erie NAMI Rochester	(716) 226-6264 (585) 423-1593	<p><b>NAMI Buffalo &amp; Erie County Support Groups for family members and caregivers</b>; the 3rd Wednesday of each month at 7PM at Watermark Wesleyan Church, 4999 McKinley Pkwy, Door 3, Room 124, Hamburg, and 3rd Wednesday of each month at 7PM at St. Paul's Lutheran Church, 4007 Main St., Amherst. Also offers a monthly <b>Family Education meeting</b> on the 2nd Thursday of each month at St. Paul's Lutheran Church, 4007 Main St., Amherst. Library/social time, 7:00 pm; program at 7:30 pm. Each month features a different topic and variety of presenters. Details available on our calendar at <a href="http://www.namibuffalony.org">www.namibuffalony.org</a>.</p> <p><b>NAMI Rochester Connection Recovery Support Group</b> is held 2nd Thursday of each month &amp; the 4th Monday of each month, 6:30-8:00 PM. This is a no-cost recovery support group for adults affected by mental illness regardless of their diagnoses. The group is led by trained peers and offers a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. NAMI Rochester Office, 320 N Goodman St., Suite 103, Rochester.</p> <p><b>Family &amp; Friends Support Group</b> 2nd Wednesday of each month 1:00-2:30 PM. This group provides support to families and friends of people affected by mental illness. NAMI Rochester Office, 320 N Goodman St., Suite 103, Rochester.</p> <p><b>Family &amp; Friends Support Group</b> 4th Monday of each month 6:30-8:00 PM. This group provides support to families and friends of people affected by mental illness. Children's Institute, Inc., 274 N Goodman St., Suite D103, Rochester.</p> <p><b>Canandaigua Family &amp; Friends Support Group</b> is the 3rd Tuesday of each month 6:30-8:00 PM. This group provides support to families and friends of people affected by mental illness. The group is facilitated by trained NAMI members who have a loved one affected by mental illness. St. John's Episcopal Church, Vestry Meeting Room, 183 N Main St., Canandaigua.</p> <p><b>Support Group</b> for individuals and families affected by mental illness, is held the 2nd Thursday of each month 7:00-8:30 PM. This group is open to individuals living with mental illness, as well as family members, friends, and caregivers of people affected by mental illness. First Baptist Church of Williamson, 4212 E Main St., Williamson.</p>

Oswego	NAMI Syracuse (315) 487-2085	<b>NAMI Syracuse <i>Support and Share meetings</i></b> - 3rd Tuesday of each month at 7pm, Access-CNY, 420 E Genesee St., Syracuse. <b>Family Support Group</b> meets the second Wednesday of each month, 10am, NAMI Syracuse office, 917 Avery Ave., Syracuse.
Otsego	NAMI Delaware & Otsego (607) 326-4797	<b>NAMI Delaware &amp; Otsego Counties <i>Family Support Group</i></b> on the 4th Thursday of each month at 6:30 PM, at O'Connor Hospital, Main Floor Conference Room, 460 State Route 28/Andes Road, Delhi. Please call ahead during inclement winter weather to make sure group is being held.
Putnam	NAMI Putnam (845) 363-1478	
Queens	NAMI Queens/Nassau (516) 326-0797 NAMI Metro (212) 684-3264	<b>NAMI Queens/Nassau <i>Family Support Group</i></b> , 4th Wednesday of the month, 7-9pm, Unitarian Universalist Congregation at Shelter Rock, 48 Shelter Road, Manhasset. <b>Whole Family Support Group</b> , 4th Wednesday of the month, 7-9pm, Unitarian Universalist Congregation at Shelter Rock, 48 Shelter Road, Manhasset. <b>Family Support Group</b> , 3rd Tuesday of the month, 7-9pm, St. Raphael's Church, 600 Newbridge Road, East Meadow. <b>NAMI NYC Metro</b> Please visit: <a href="https://www.naminycmetro.org/find-support/">https://www.naminycmetro.org/find-support/</a> For all listings
Rensselaer	NAMI Capital Region (518) 588-6949	<b>NAMI Capital Region <i>Family support group</i></b> the 1st and the 3rd Wednesday of each month at the SUNYA School of Health, One University Place, Rensselaer from 6:30-8:00PM. On the 2nd and 4th Tuesdays there is a <b>Family Support group</b> at Church of Latter Day Saints, 420 New Scotland Ave., Albany from 6:00-7:30PM. <b>(NEW) NAMI Peer Connections</b> every 2nd Wednesday of the month at the NAMI NYS Office 99 Pine St., Suite 105, Albany from 6-7:30PM (518) 588-6949

Richmond	NAMI Staten Island NAMI Metro	(718) 477-1700 (212) 684-3264	<p><b>NAMI NYC Staten Island- <i>Family Support group</i></b> meets 3 times a month, 1st, 3rd &amp; 4th Wednesday of each month at 7pm, 308 Seaview Ave., Staten Island, and a 1st Wednesday of each month at 6pm, Curtis High School, 105 Hamilton Ave. <b><i>NAMI Connection Peer Support Groups</i></b> (recovery support group for those with mental illnesses) meet 1st, 3rd &amp; 5th Saturday of the month from 1:30-3pm at the YMCA, 651 Broadway. Reformed Church of Huguenot Park, 5475 Amboy Road, Staten Island. <b><i>Family support Interfaith Prayer Group</i></b> , 3rd Saturday each month 11am-12 noon, Our Lady of Good Counsel Church, 10 Austin Place, Staten Island.</p> <p><b>NAMI NYC Metro</b> Please visit: <a href="https://www.naminycmetro.org/find-support/">https://www.naminycmetro.org/find-support/</a> For all listings</p>
----------	----------------------------------	----------------------------------	--

<p>Rockland</p>	<p>NAMI Rockland</p>	<p>(845) 359-8787</p>	<p><b>NAMI Rockland</b>  <b>Family &amp; Friends Support Groups :</b>  <b>1st Wednesday and 3rd Thursday of Every Month</b>  Location: Yeager Health Center  50 Sanatorium Road, Building F, Room 119, Poomona  7:00 Coffee                      7:30-9:30 Group  <b>3rd Saturday of the Month</b>  Location: NAMI Rockland Office, Rockland Psychiatric Center  140 Old Orangeburg Road, Building 57,1st Floor, Orangeburg  Time: 11:30am-1:00pm  <b>Parent Support Group:</b> Daytime Parent Support Group:  <b>Last Wednesday of Every Month (when school is in session)</b>  Location: Rockland BOCES  65 Parrott Road, Building 10, West Nyack  Time: 11:30am-1:00pm  <b>Parent Support Groups:</b> Evening Parent Support Group:  3rd Thursday of the month (when school is in session)  Rockland BOCES  65 Parrott Road, Building 10, West Nyack  7-8:30pm  <b>Spanish (when school is in session)</b>  2nd Thursday of the month  Haverstraw Head Start  138 Maple Ave., Haverstraw  Refreshemnts at 6pm, Group 6:20-7:45pm  <b>Drop in Coffee</b> for families of Individuals Hospitalized at Rockland Psychiatric Center  <b>2nd Saturday and 3rd Sunday of Every Month</b>  Location: RPC, Building 58, Lobby  Time: 11:00am – 1:00pm  For more information call: (845)359-8787 or email: <a href="mailto:info@namirockland.org">info@namirockland.org</a></p>
-----------------	----------------------	-----------------------	---



St. Lawrence	NAMI MFH	(518) 843-3261	<p><b>NAMI Montgomery, Fulton &amp; Hamilton Counties</b></p> <p><b>Icebreakers Peer Support group</b> - Every Tuesday, 3:30-5:30PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Family Support Group</b> - 1st Thursday of every Month, 6:00-7:30PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Spanish Support Group</b> - 3rd Friday of Every Month, 5:30-7:00PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Friends of Recovery</b> - Every Wednesday, 6:30-8:00PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Support Group</b> - 2nd Tuesday of Every Month, 5:30-7:00P, 6:30-8:00PM 8 River St., Nelliston</p> <p><b>Support Group</b> - 3rd Thursday of every month, 5:30-7:00PM, 73 N Main St., Argersinger Building, 2nd Floor, Gloversville</p>
Saratoga	NAMI Saratoga	(518) 306-6073	<p><b>NAMI Saratoga Caring and Sharing</b> 1st and 3rd Monday of each month at 7:30 pm, at Transitional Services Association, 127 Union St., Saratoga Springs. If the meeting date falls on a Holiday, they do not meet.</p>
Schenectady	NAMI Schenectady	(518) 377-2619	<p><b>NAMI Schenectady For parents and relatives of someone with mental illness</b> meets every Wednesday at 6 PM in the B3 Classroom at the hospital. You don't have to have a child or other relative hospitalized in Ellis psychiatry department to join the support group. Kevin Moran, Facilitator (518) 243-4255.</p>

Schoharie	NAMI Schenectady (518) 377-2619 NAMI MFH (518) 843-3261 NAMI Delaware & Otsego (607) 326-4797	<p><b>NAMI Schenectady</b> <i>For parents and relatives of someone with mental illness</i> meets every Wednesday at 6 PM in the B3 Classroom at the hospital. You don't have to have a child or other relative hospitalized in Ellis psychiatry department to join the support group. Kevin Moran, Facilitator (518) 243-4255.</p> <p><b>NAMI Montgomery, Fulton &amp; Hamilton Counties</b></p> <p><b>Icebreakers Peer Support group</b> - Every Tuesday, 3:30-5:30PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Family Support Group</b> - 1st Thursday of every Month, 6:00-7:30PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Spanish Support Group</b> - 3rd Friday of Every Month, 5:30-7:00PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Friends of Recovery</b> - Every Wednesday, 6:30-8:00PM, 2390 Riverfront Center, Amsterdam</p> <p><b>Support Group</b> - 2nd Tuesday of Every Month, 5:30-7:00P, 6:30-8:00PM 8 River St., Nelliston</p> <p><b>Support Group</b> - 3rd Thursday of every month, 5:30-7:00PM, 73 N Main St., Argersinger Building, 2nd Floor, Gloversville</p> <p><b>NAMI Delaware &amp; Otsego Counties Family Support Group</b> on the 4th Thursday of each month at 6:30 PM, at O'Connor Hospital, Main Floor Conference Room, 460 State Route 28/Andes Road, Delhi. Please call ahead during inclement winter weather to make sure group is being held.</p>
Schuyler	NAMI Finger Lakes (607) 273-2462	<p><b>NAMI Finger Lakes</b></p> <p><b>General Support Groups</b> 1st Tuesday at 7 pm and 3rd Monday at 1:30pm, NAMI Finger Lakes office, Clinton Hall, Suite 2, Ithaca. Family Forum, with Tompkins County Mental Health Services, 4th Tuesday of the Month at 6:30pm, at Tompkins County Mental Health, 201 E Green St., Ithaca.</p>
Seneca	NAMI Cayuga (315) 255-7443	<p><b>NAMI Cayuga County Family Support Group</b> 1st and 3rd Tuesday at 6 pm, 2nd floor, Assembly Room, Auburn Memorial Hospital, Auburn.</p>
Steuben	NAMI Finger Lakes (607) 273-2462	<p><b>NAMI Finger Lakes</b></p> <p><b>General Support Groups</b> 1st Tuesday at 7 pm and 3rd Monday at 1:30pm, NAMI Finger Lakes office, Clinton Hall, Suite 2, Ithaca. Family Forum, with Tompkins County Mental Health Services, 4th Tuesday of the Month at 6:30pm, at Tompkins County Mental Health, 201 E Green St., Ithaca.</p>

Suffolk	NAMI Huntington (631) 385-0754	<b>NAMI Huntington <i>Support group</i></b> meeting is held 2nd and last Wednesday of every month. Meetings start at 6:45 both peer and Families meet on the same night. We have guest speakers on the last Wednesday. All meetings are held in Classroom B of the Pederson Krag Center, 55 Horizon Drive, Huntington.
Sullivan	NAMI Sullivan (845) 794-1029	<b>NAMI Sullivan County <i>Support Group</i></b> 3rd Tuesday of each month 6:30-8:00 pm, 20 Crystal St., Monticello. 4th Tuesday of each month 6:30-8:00 pm, Bon Secours Community Hospital, Port Jervis, Atrium Conference Room at back of Cafeteria) <b><i>Suicide Bereavement Support group</i></b> once a month (the first Wednesday evening from 6:30-8:00 pm) at 20 Crystal St., Monticello. Facilitators are trained under the guidelines of the American Foundation on Suicide Prevention (AFSP). <b><i>NAMI Peer Connections</i></b> on the 1st and 3rd Monday of each month at 20 Crystal St., Monticello, 2:00-3:30pm.
Tioga	NAMI Finger Lakes (607) 273-2462	<b>NAMI Finger Lakes</b> <b><i>General Support Groups</i></b> 1st Tuesday at 7 pm and 3rd Monday at 1:30pm, NAMI Finger Lakes office, Clinton Hall, Suite 2, Ithaca. Family Forum, with Tompkins County Mental Health Services, 4th Tuesday of the Month at 6:30pm, at Tompkins County Mental Health, 201 E Green St., Ithaca.
Tompkins	NAMI Finger Lakes (607) 273-2462	<b>NAMI Finger Lakes</b> <b><i>General Support Groups</i></b> 1st Tuesday at 7 pm and 3rd Monday at 1:30pm, NAMI Finger Lakes office, Clinton Hall, Suite 2, Ithaca. Family Forum, with Tompkins County Mental Health Services, 4th Tuesday of the Month at 6:30pm, at Tompkins County Mental Health, 201 E Green St., Ithaca.

Ulster	NAMI Mid-Hudson (845) 206-9892	<p><b>NAMI Mid-Hudson</b></p> <p><b>POUGHKEEPSIE SUPPORT GROUP</b>  MidHudson Regional Hospital of Westchester Medical Center  (formerly St. Francis Hospital) 2  Thorne Conference Room  241 North Road, Poughkeepsie  3rd Tuesday of Every Month 6:30- 8:30 pm</p> <p><b>DOVER PLAINS SUPPORT GROUP</b>  Dover High School Library Conference Room  2368 Route 22, Dover Plains  1st Wednesday of Every Month 6:30-8:30 pm  (Summer Months and School Closings, please call for location.)</p> <p><b>WAPPINGERS FALLS SUPPORT GROUP</b>  Perkins Restaurant &amp; Bakery (Back Room)  1576 US 9, Wappingers Falls  2nd Monday of Every Month 6:30-8:30 pm</p> <p><b>Latino Support Group</b>  Please contact: <a href="mailto:programs@namimidhudson.org">programs@namimidhudson.org</a> for more information</p> <p><b>KINGSTON SUPPORT GROUP</b>  Mental Health Association Building  300 Aaron Court, Kingston  1st and 3rd Monday of every month 6:00-7:30 pm  (Please ring bell to gain admittance. Closed Federal Holidays)</p> <p><b>NAMI CONNECTIONS</b>  MidHudson Regional Hospital of Westchester Medical Center  (formerly St. Francis Hospital) 2  Thorne Conference Room  241 North Road, Poughkeepsie  2nd Friday of Every Month 6:30-8:00 pm</p>
Warren	NAMI Saratoga (518) 306-6073	<p><b>NAMI Saratoga</b> <i>Caring and Sharing</i> 1st and 3rd Monday of each month at 7:30 pm, at Transitional Services Association, 127 Union St., Saratoga Springs. If the meeting day falls on a Holiday, they do not meet.</p>

Washington	NAMI Saratoga (518) 306-6073	<b>NAMI Saratoga <i>Caring and Sharing</i></b> 1st and 3rd Monday of each month at 7:30 pm, at Transitional Services Association, 127 Union St., Saratoga Springs. If the meeting day falls on a Holiday, they do not meet.
Wayne	NAMI Rochester (585) 423-1593 NAMI Cayuga (315) 255-7443	<b>NAMI Rochester <i>Support Group</i></b> for individuals and families affected by mental illness, is held the 2nd Thursday of each month 7:00-8:30 PM. This group is open to individuals living with mental illness, as well as family members, friends, and caregivers of people affected by mental illness. First Baptist Church of Williamson, 4212 E Main St., Williamson. <b>NAMI Cayuga County <i>Family Support Group</i></b> 1st and 3rd Tuesday at 6 pm, 2nd floor, Assembly Room, Auburn Memorial Hospital, Auburn.
Westchester	NAMI Westchester (914) 592-5458	<b>NAMI Westchester County <i>Friends and Families Support Groups</i></b> <b>1st Monday 7:30–9:00 pm, Families &amp; Friends , 2nd Tuesday 7:30-9:00pm, Parents/Caregiver of Adolescents and Young Adults , 2nd Thursday 7:30-9:00 pm, Families &amp; Friends , 2nd Saturday 10:00-11:30 am, Families &amp; Friends, 3rd Thursday 7:00-8:30 pm, Family &amp; Friends, 4th Wednesday 7:00-8:30 pm., Parents/Caregiver of Adolescents and Young Adults , 4th Tuesday 7:00-8:30pm., Families &amp; Friends</b> <b>NAMI CONNECTION GROUPS</b> 4th Tuesday 7:00 to 8:30 pm. 1st Thursday 7:00 to 8:30 pm. 2nd Tuesday 7:00 to 8:30 pm. 4th Tuesday 7:00 to 8:30 pm. For places, days, and times and to register for a support group, please call our offices at (914) 592-5458.
Wyoming	NAMI Buffalo & Erie (716) 226-6264	<b>NAMI Buffalo &amp; Erie County <i>Support Groups for family members and caregivers</i></b> ; the 3rd Wednesday of each month at 7PM at Watermark Wesleyan Church, 4999 McKinley Pkwy, Door 3, Room 124, Hamburg, and 3rd Wednesday of each month at 7PM at St. Paul's Lutheran Church, 4007 Main St., Amherst. Also offers a monthly <b><i>Family Education meeting</i></b> on the 2nd Thursday of each month at St. Paul's Lutheran Church, 4007 Main St., Amherst. Library/social time, 7:00 pm; program at 7:30 pm. Each month features a different topic and variety of presenters. Details available on our calendar at <a href="http://www.namibuffalony.org">www.namibuffalony.org</a> .

Yates	NAMI Finger Lakes	(607) 273-2462	<b>NAMI Finger Lakes</b> <b>General Support Groups</b> 1st Tuesday at 7 pm and 3rd Monday at 1:30pm, NAMI Finger Lakes office, Clinton Hall, Suite 2, Ithaca. Family Forum, with Tompkins County Mental Health Services, 4th Tuesday of the Month at 6:30pm, at Tompkins County Mental Health, 201 E Green St., Ithaca.
-------	-------------------	----------------	---