



National Alliance on Mental Illness

Bucks County

Online Support Groups & Wellness Events

March 2021

Free Mental Wellness & Recovery Groups for everyone. We're here for you. No matter what.

MONDAY

- 3:00 PM: Peer Wellness & Recovery Support Group [Join >](#)
- 6:30 PM: Depression & Anxiety Group (3/1 & 3/15) [Join >](#)
- 6:30 PM: Teen Check-In (Ages 12-17) (3/8 & 3/22) [Join >](#)
- 6:30 PM: Provider/Professional Group (3/8 & 3/22) [Join >](#)
- 6:30 PM: Chronic Pain Support Group (3/1 & 3/15) [Join >](#)
- 6:30 PM: QPR Training (Suicide Prevention) (3/22) [Register >](#)
- EVENT** 7:00 PM: Black Minds Matter Group (3/8, 3/15 & 3/29) [Join >](#)

TUESDAY

- 10:00 AM: Morning Check-In Group [Join >](#)
- 2:00 PM: New to NAMI Welcome Group (3/16) [Join >](#)
- 4:00 PM: Teacher's Support Group (3/9 & 3/23) [Join >](#)
- 6:30 PM: Alternatives to Suicide (3/9 & 3/23) [Join >](#)
- 7:00 PM: Suicide Loss Survivor Group (3/9) [Join >](#)
- EVENT** 7:00 PM: NAMI Forum: Every Body Hurts (3/23) [Register >](#)

WEDNESDAY

- 4:00 PM: Peer Wellness & Recovery Support Group [Join >](#)
- 6:30 PM: Self-Harm & Self Injury Support Group [Join >](#)
- 6:30 PM: Veteran & Military Connection (Now Weekly!) [Join >](#)
- 7:00 PM: NAMI Family Support Group [Join >](#)
- EVENT** 7:00 PM: NAMI Forum with Dr. Patrick McElwaine [Join >](#)

THURSDAY

- 4:00 PM: Peer Wellness & Recovery Support Group [Join >](#)
- 6:30 PM: Parents of Youth Group (3/4, 3/11 & 3/25) [Join >](#)
- 6:30 PM: Teen Check-In Group (Ages 12-17) [Join >](#)
- 6:30 PM: Refuge Meditation Group [Join >](#)

FRIDAY

- NEW** 4:00 PM: OCD Support Group (3/5 & 3/19) [Join >](#)
- 7:00 PM: LGBTQ+ Support Group [Join >](#)
- 7:00 PM: Regaining Our Sense of Self Support Group [Join >](#)
- 7:00 PM: Peer Wellness & Recovery Group (3/5 & 3/19) [Join >](#)

SATURDAY

- 1:00 PM: NAMI Women's Support Group [Join >](#)
- 2:00 PM: Feeling The Music Group (3/6) [Join >](#)
- 2:00 PM: Art & Creative Writing Group (3/20) [Join >](#)
- 4:00 PM: Alternatives to Suicide Support Group [Join >](#)
- 6:30 PM: Peer Wellness & Recovery Support Group [Join >](#)

SUNDAY

- 1:00 PM: Off-Campus College Group (3/7 & 3/21) [Join >](#)
- 1:00 PM: Seeking Safety Group (3/14 & 3/28) [Join >](#)
- 3:00 PM: Mindfulness & Meditation Group Flow [Join >](#)
- 6:30 PM: Peer Wellness & Recovery Support Group [Join >](#)
- 7:00 PM: Transitions Group Ages 18-22 (3/14 & 3/28) [Join >](#)
- 8:00 PM: Creative Minds Art & Music Sharing Group [Join >](#)

SPECIAL EVENTS (Events replace regularly scheduled groups)

- EVENT** 3/22 at 6:30 PM: QPR Suicide Prevention Training [Register >](#)
- EVENT** 3/23 at 7:00 PM: NAMI Forum - Every Body Hurts
Join us as we explore through meditation how emotions manifest in the body and discuss the effects of trauma – what it is and how it gets 'stuck'. [Register >](#)
- EVENT** 3/24 at 7:00 PM: NAMI Forum - Dr. Patrick McElwaine [Join >](#)

Register & Join a Meeting

Registration is required for all support groups. Registration is free and all are welcome. Find group and event information, learn more and register anytime on our website at www.namibuckspa.org/onlinesupport. Questions: nemeigh@namibuckspa.org.



National Alliance on Mental Illness

1-866-399-NAMI (6264)

Resources & Information 9AM - 9PM Daily

NAMI Bucks County PA is dedicated to improving the lives of individuals and families affected by mental illness through recovery-focused support, education and advocacy. We envision a world where all people affected by mental illness live healthy, fulfilling lives supported by a community that cares.

www.namibuckspa.org