



NAMI

National Alliance on Mental Illness

Bucks County

Online Support Groups & Wellness Events

November 2020

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

MONDAY

- 1:00 PM: New to NAMI: Welcome Group (11/16) [Join >](#)
- 3:00 PM: Peer Wellness & Recovery Support Group [Join >](#)
- 6:30 PM: QPR Suicide Prevention Training (11/30) [Register >](#)
- 6:30 PM: Provider/Professional Group (11/9 & 11/23) [Join >](#)
- 7:00 PM: Black Minds Matter Support Group [Join >](#)

TUESDAY

- 10:00 AM: Peer Wellness & Recovery Support Group [Join >](#)
- 4:00 PM: Teacher's Support Group (11/3 & 11/17) [Join >](#)
- 6:30 PM: Alternatives to Suicide Group (11/6, 11/20) [Join >](#)
- 6:30 PM: Ending the Silence Presentation (11/17) [Join >](#)
- 7:00 PM: Suicide Loss Survivor Group (11/10 & 11/24) [Join >](#)
- 8:30 PM: LGBTQ+ Support Group (11/3, 11/17) [Join >](#)

WEDNESDAY

- 6:30 PM: Self-Harm & Self Injury Support Group [Join >](#)
- 6:30 PM: Veteran's Support Group (11/11 & 11/25) [Join >](#)
- 7:00 PM: NAMI Family Support Group [Join >](#)

THURSDAY (No groups on Thanksgiving, 11/26)

- 4:00 PM: Peer Wellness & Recovery Support Group [Join >](#)
- 6:30 PM: Parents of Children & Youth Group (11/12) [Join >](#)
- 6:30 PM: Teen Group (Ages 12-17) (11/12 & 11/19) [Join >](#)
- 6:30 PM: Refuge Meditation Group (11/12 & 11/19) [Join >](#)
- 7:00 PM: "Scattering CJ" Film Screening (11/5) [Register >](#)
- 7:30 PM: "Roll With Depression" Film Screening (11/19)
- 10:00 PM: Night Owl Open Discussion (11/5, 11/19) [Join >](#)

FRIDAY

- 7:00 PM: LGBTQ+ Support Group (11/6 & 11/20) [Join >](#)
- 7:00 PM: Wellness & Recovery Group (11/13 & 11/27) [Join >](#)
- 8:00 PM: Regaining Our Sense of Self Support Group [Join >](#)

SATURDAY

- 1:00 PM: NAMI Women's Support Group [Join >](#)
- 2:00 PM: Feeling The Music Group (11/7) [Join >](#)
- 2:00 PM: Dance & Movement Group (11/14) [Join >](#)
- 2:00 PM: Art For Recovery (create your own) (11/21) [Join >](#)
- 2:00 PM: Writing Group (create your own) (11/28) [Join >](#)
- 4:00 PM: Alternatives to Suicide Support Group [Join >](#)
- 6:00 PM: Hope Is Not Canceled Live Stream (11/7)
- 6:30 PM: Peer Wellness & Recovery Support Group [Join >](#)
- 8:30 PM: Game Night with NAMI (11/21) [Join >](#)
- 8:30 PM: Movie Night with NAMI (11/14 & 11/28) [Join >](#)

SUNDAY (No groups on Sunday, October 4th)

- 1:00 PM: College Student Group (11/1, 11/15 & 11/29) [Join >](#)
- 3:00 PM: Mindfulness & Meditation Group Flow [Join >](#)
- 6:30 PM: Peer Wellness & Recovery Support Group [Join >](#)
- 8:30 PM: Creative Minds Art & Music Sharing Group [Join >](#)

SPECIAL EVENTS (These events replace scheduled groups)

- 11/5 at 7:00 PM: "Scattering CJ" Film Screening
- 11/7 at 6:00 PM: Hope Is Not Canceled Live Stream
- 11/17 at 6:30 PM: Ending the Silence Presentation
- 11/19 at 7:30 PM: "Roll With Depression" Film Screening
- 11/30 at 6:30 PM: QPR Training for Suicide Prevention

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.



NAMI HelpLine

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/onlinesupport/