

NAMI Family Support Groups

for family members, caregivers, and friends of people diagnosed with a mental health condition

LOCATION	DAY TIME	ADDRESS
Dallas	1 st Thursday of each month 6:00 PM – 7:00 PM	Park Central Baptist Church 7777 LBJ Freeway Dallas, TX 75252
	3 rd Thursday of each month 6:00 PM – 7:30 PM	Beilharz Carriage House 2802 Swiss Ave Dallas, TX 75204
	2 nd Thursday of each month 6:00 PM – 7:30PM	3116 Martin Luther King Blvd. Dallas, TX 75215 Info: NAMI Southern Sector (972) 401-3834
Rockwall	2 nd Saturday of each month 1:00 PM - 2:30 PM	First United Methodist Church 1200 E. Yellow Jacket Rockwall, TX 75087
Plano	Every Thursday 6:30 PM – 8:00 PM	Custer Road United Methodist Church 6601 Custer Rd. Plano, TX 75023
Lewisville	2 nd & 4 th Monday of each month 7 PM-8:30 PM	First Baptist Church Lewisville, Room 102 1251 Valley Ridge Blvd., Lewisville, TX 75077
Frisco	3 rd Monday of each month 7 PM-8:30 PM	Grace Avenue UMC, Room 218 3521 W. Main St. Frisco, TX 75034

Parent Support Group

for parents and caregivers of children & adolescents

LOCATION	DAY TIME	ADDRESS
Richardson	3 rd Thursday of each month 7:00 PM - 8:30 PM	The Warren Center 320 Custer Road Richardson, TX 75080 Info: Cheryl (214) 923-2576 or David (214) 923-2523

NAMI Connection Recovery Support Groups

for people diagnosed with a mental health condition

LOCATION	DAY TIME	ADDRESS
Dallas	1 st Thursday of each month 6:00 PM – 7: 00 PM	Park Central Baptist Church 7777 LBJ Freeway Dallas, TX 75252
	3 rd Wednesday of each month* 6:30 PM – 8:00 PM	NAMI Dallas Office 2812 Swiss Ave. Dallas, TX 75204
Rockwall	2 nd Saturday of each month 1:00 PM - 2:30 PM	First United Methodist Church 1200 E. Yellow Jacket Rockwall, TX 75087
Plano	Every Thursday 6:30 PM – 8:00 PM	Custer Road United Methodist Church 6601 Custer Rd. Plano, TX 75023
Denton	2 nd & 4 th Thursdays of each month 6:30 PM – 8:00 PM	2nd Floor Meeting Rm, Medical Bldg. 5 2509 Scripture Street Denton, TX 76201