Local Resources

Support Groups—call before attending the first time.

For Family Members of Adults With Mental Illness:

Walnut Creek: 3rd Monday, 7-9 PM, John Muir Medical Center Walnut Creek, 1610 Ygnacio Valley Rd., Walnut Creek, downstairs in Epstein One. 925-256-9640 or 925-676-5771. NAMI-sponsored.

In Alamo: 2nd Sunday 2-3:30 PM, San Ramon Valley United Methodist Church, 902 Danville Rd., Alamo, Fireside Room, on right side of church as you look at the building. Karen 925-820-7495, kscalzi@comcast.net or Marilyn Clark 925-837-5243. NAMI-sponsored.

In Brentwood: Last Monday, 7 pm, Raley’s grocery, 2400 Sand Creek Rd., Brentwood. Laurel Howard-Fong, 925-437-1751, lpfong19@gmail.com

In Richmond: 2nd Wednesday, 6:30 -8 PM. Kaiser Richmond, 901 Nevin Ave., Richmond, 3rd Floor, Rm. 317, Dr. Sumchai 510-237-9277 or family2familyrichmond.nami@gmail.com. NAMI-sponsored.

In Lafayette: Open Our Hearts: All faiths welcome. 4th Monday 7- 8:30 PM, Temple Isaiah, 945 Risa Rd., Lafayette, Talmud Torah Center, Room E204. Drive across parking lot, turn left at the Day School and drive down the hill to the first building on the right. Call Karen 925-945-7272 or karen@mmcohen.com www.openourhearts.net. Not a NAMI program.

For Mandarin Community 中文互助小组: 2nd Saturday 10 am-noon. Danville Chinese Bible Church, 2278 Camino Ramon, San Ramon. Shelly 925-765-8232 or mandarin@namicontracosta.org

For Spanish Speakers: In Richmond - Grupo de Apoyo: En cada reunión discutimos temas basados en problemas que enfrentan las familias cuando un ser querido vive con una enfermedad de la salud mental. Las reuniones se llevan a cabo el 2 ndo y 3 ro Lunes del mes, de 6:30 a 8:00 PM. Localidad: The Latina Center, 3727 Barrett Ave. Richmond, CA 94804. La reunión es en la casita de la esquina de Barrett y 38 St, por favor estacionar su carro sobre Barrett o la 38 St.

For African American Families – Wellness Wednesdays 4th Wednesday of each month at 6:30 - 8:00pm, at the home of Gigi R. Crowder, 5144 Union Mine Drive, Antioch, CA 94531 510-990-2670 or gigi@namicontracosta.org light refreshments served.

For Family Members of Children and Adolescents With Mental Illness

New Hope Support Group: 2nd Monday 7-9 PM. Formal diagnosis not needed. Includes parents of children with OCD. Lafayette-Orinda Presbyterian Church, Rm 204, 49 Knox Drive, Lafayette. Christina Mellin 925-899-0862 or ccmellin28@gmail.com. Call before attending.

For All Individuals (family, those with mental health needs, & providers)

Horizons Mental Health Support Group: 1st and 3rd Mondays; Our Savior’s Lutheran Church, 1035 Carol Lane, Lafayette. Open discussion, information sharing. Refreshments provided. Kiera nomoreclutter@gmail.ocm 925-817-9642. Not a NAMI CC group.

For Individuals With a Mental Illness, Mental Health Needs

NAMI Connections Wednesdays 6:30 - 9 PM, 2730 Grant St., Classroom A, Concord. Peer-run support group for people with anxiety, depression, bipolar disorder, schizophrenia and other mental illnesses, their friends and family. Reina Lanning 925-768-9660 or Reina@namicontracosta.org NAMI CC supported.


Educational Programs

Rev.: September 16, 2019
NAMI Monthly Education Presentations/General Meeting 3rd Thursday, 7-8:30 PM, John Muir Medical Center, Concord, 2540 East St., Concord. Topics pertain to mental illness and are announced at www.namicontracosta.org

NAMI Family-to-Family. 12-week course on mental illness for families of people with mental illness. Meets weekly. Also available in Spanish and Mandarin, for African-Americans and for military personnel and veterans and their families. Contact Nancy, fam2fam4u@gmail.com or 925-285-5995. For De Familia a Familia, Family-to-Family in Spanish, contact Mercedes at (510)576-9517 or myma99@hotmail.com. NAMI 12节免费普通话家庭基础教育课程 Shelly 925-765-8232 mandarin@namicontracosta.org

NAMI CC Mandarin Educational Program 国语精神心理健康知识讲座. Topics pertain to mental illness. 2nd Saturday, 10 AM-noon. Danville Chinese Bible Church, 2278 Camino Ramon, San Ramon. Shelly 925-765-8232 or mandarin@namicontracosta.org

NAMI Basics. 6-week course on mental illness for parents and caregivers of children and adolescents with mental illness. Contact Susan, susanh@namicontracosta.org or 925-262-3404. Bases, NAMI Basics is also available in Spanish. Alejandra Escobedo alejandraescobedo2@gmail.com.

NAMI Peer-to-Peer. 10-week educational program for adults with mental illness. Info/registration: Christina@namicontracosta.org; carla@namicontracosta.org; or Lisa Bruce Lead Coordinator lisa@namicontracosta.org, 925-956-2242.

NAMI CC Crash Course. One-time class on Wednesdays 6:30-8:30 pm. 2151 Salvio St. #201, Concord. Overview of NAMI and public mental health services in Contra Costa County. 925-676-5771, dk122932@aol.com

NAMI on DVC. Student-run anti-stigma education club on the DVC campus. namiondvc@gmail.com, NAMIDVC on Facebook.

NAMI In Our Own Voice. NAMI-trained individuals living with mental illness discuss their experiences, at high schools, colleges, churches, hospitals, government agencies and other organizations. To schedule a presentation, contact Deborah Fruchey debrathon@yahoo.com 510-684-9024.

NAMI FaithNet. Assistance and trainings to help create welcoming faith communities for those with mental illness and their families. Gigi R. Crowder, L.E. 510-990-2670 or gigi@namicontracosta.org

Other Support Programs

NAMI Family Volunteer Support Network Office, for families to seeking help and support and resources needed to navigate mental health services in Contra Costa County. As well as those wanting to Volunteer for NAMI CC. 2151 Salvio St. Suite V, Concord, CA 94520. 925-942-0767.

NAMI CC Writers’ Group. For individuals living with a mental illness, family members and friends. 2nd Saturday, 10:30-noon NAMI CC Office, 2151 Salvio St., Suite V, Concord. Margaret minetherby@yahoo.com.


Putnam Clubhouse. For people with a mental illness to work on vocational and social skills while running the facility. Doctor referral required. 925-691-4276. Not a NAMI service.

Other Services

NAMI Contra Costa Warm Line (for individuals living with mental illness and family members who need information and assistance) 925-942-0767. Leave a message to receive a return call from a volunteer within 24 hours.


Contra Costa County Family Advocate. Support and information for family members. 925-957-5139, Robert Thigpen robert.thigpen@hsd.cccounty.us

Contra Costa County Mental Health Services Access Lines 211 and 1-888-678-7277. Info at cchealth.org/mentalhealth

Contra Costa County 24-Hour Crisis Intervention Services 925-646-2800.


Homelessness Referral Services; Dial 211