Local Resources

The NAMI Family Network mission is to empower families through direct support before, during, and after times of mental health crises by discovering community, cultural, and familial strengths and resources and advocating for our consumers to gain access to them all.

Multilingual Support Groups—call before attending the first time. Zoom Meeting IDs can be found on our website.

Crash Course: (Virtual) Time: Every Wednesday, 6:00 pm Contact: David Kahler, 925-676 5771 or Michele O'Keefe 925-689-4447 or Email crashcoursehelp@aol.com

Zoom Meeting - NAMI Connection Support Group: Time: Every Wednesday, 7:00 pm – 8:30 pm East County: Every Friday, 7:00 pm – 8:30 pm Contact: Nancy Bolcerek, Phone: 925-826-8433 or Email: nancybolcerek@namicontracosta.org

Zoom Meeting – Peer Dual Diagnosis Support Group Time: Every Friday, 5:30-6:30 p.m. Contact: Ashley Ciullo, Phone: 925-765-9406 or Email: ashley@namicontracosta.org

Zoom Meeting - Family Support Group Time: Every 1st & 3rd Monday, 7:00 - 8:30 pm Contact: Michele O'Keefe, Phone: 925-689-4447 or Email: michele@namicontracosta.org

Zoom Meeting – Spanish Support Group Time: Every Monday, 6:30 pm – 8 pm Contact: Alejandra Escobedo 510-837-4077 Email: alejandraescobedo2@gmail.com

Zoom Meeting – API / Mandarin Support Group 中文互助组 Time: 3rd Sunday of the month, 3:00 pm – 4:30 pm Contact: Shelly Ji, Phone: 925-765-8232 or Email: shelly@namicontracosta.org

Zoom Meeting – African American Support Group Time: 4th Wednesday of the month, 7pm - 8pm Contact: Gigi Crowder, Phone: 510-990-2670 or Email: gigi@namicontracosta.org

Zoom Meeting – Men’s Support Group Time: 2nd & 4th Saturday, 1:00-2:00 pm Contact: Eddie, Phone: 925-765-8045, 510-912-3130 or Email: eddie.m@namicontracosta.org

Zoom Meeting - Men of Wellness & Men of Faith Support Group Time: 2nd & 4th Wednesday at 7:00pm Contact: Eddie Morris or Alfonzo Edwards Email Eddie Morris eddie.m@namicontracosta.org or Alfonzo Edwards alfonzo.edwards@namicontracosta.org

Zoom Meeting – Writer’s Group Time: 2nd Saturday of the month, 10:30-12 p.m. Contact: Margaret Netherby, Phone: 925-370-7282 or Email: mlnetherby@yahoo.com

Zoom Meeting – TAY (Transitional Age Youth) Support Group Ages 16-24 Time: Every Tuesday, 6:00pm to 7:30pm Contact: Tristan Siebold, email: tristan.siebold@namicontracosta.org Juan Soria, email: juan.soria@namicontracosta.org

Zoom Meeting – Support Group for parents of school aged children with mental health challenges. Time: The 2nd & the 4th Monday night of each month, from 8-9 PM Contact: Susan Norwick Horrocks & Mark Cohen Email: susan@namicontracosta.org or mark.cohen@namicontracosta.org

Brentwood Family Support Group Time: Last Tuesday, 7:00 p.m. Contact: Laurel Howard-Fong E-mail: lphfong19@gmail.com

Open Our Hearts: 4th Monday 7- 8:00 PM. Call Karen 925-945-7272 or karen@mmcohen.com for Zoom link. Not a NAMI CC program.

NAMI CC CalHope Warm Line Offering non-clinical crisis services to African Americans during COVID-19. Contact Naomi Gashaw925-765-9268 Naomi.gashaw@namicontracosta.org

NAMI Homefront Online For Veterans and their family members For more information and to register, visit www.nami.org/ Homefront.
**Educational Programs**

NAMI CC Monthly Education Presentations/ General Meeting 3rd Thursday, 7-8:30 PM, Topics pertain to mental illness and are announced at www.namicontracosta.org

NAMI CC Family-to-Family. 8-week course for families of people with mental illness. Also available in Spanish and Mandarin. Contact Nancy, fam2fam4u@gmail.com or 925-285-5995. For De Familia a Familia, Family-to-Family in Spanish, contact Gerardo at 925-765-9980 or latinx@namicontracosta.org. **NAMI 8节免费普通话家庭基础教育课程** Shelly 925-765-8232 or shelly@namicontracosta.org or 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. Shelly 925-765-8232 or shelly@namicontracosta.org or Tiffany Wang at 925-765-9167 or tiffany.w@namicontracosta.org or mandarin@namicontracosta.org.

NAMI CC 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 Mandarin (中文) and Spanish. Shelly Ji at 925-765-8232 or shelly@namicontracosta.org or Álejandra Escobedo at alejandraescobedo2@gmail.com.

NAMI CC Peer-to-Peer. 10-week educational program for adults with mental illness. Info/registration: Ashley at 925-765-9406 or ashley@namicontracosta.org or facilitators Carla Pirie at carla@namicontracosta.org or Havonya Johnson at havonyajohnson@yahoo.com.

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

NAMI CC 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 CC 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 and Greg Beckner, 925-765-8586 or greg.beckner@namicontracosta.org.

NAMI CC Ending the Silence. Mental health presentation for middle and high school and community college audience, parents and teachers. Contact Jesse Robbins at 925-708-8018 or jesse.robbins@namicontracosta.org or Mariela Acosta at mariela@namicontracosta.org.

NAMI CC Transitional Age Youth Program. Support group and peer counseling for ages 16-24. Contact Tristan Siebold at 925-360-6770 or tristan.siebold@namicontracosta.org, Juan Soria at 925-595-9412 or juan.soria@namicontracosta.org, or Isabella Collins at 510-710-5803 or isabella.collins@namicontracosta.org.

**Other Support Programs**

NAMI CC 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.

**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 Line 1-888-678-7277. Info at cchealth.org/mentalhealth

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


Homelessness Referral Services; Dial 211


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.