Local Resources
Crash Course: (Virtual) Time: Every Wednesday, 6:00 pm
Contact: Michele O'Keefe, (925) 689-4447, michele@namicontracosta.org or Antonio, antonia.guzman@namicontracosta.org

Zoom Meeting - Peer Dual Diagnosis Support Group: Time: Every Tuesday, 9 am – 10 am. Contact: Ashley Ciullo, (925) 765-9406, ashley@namicontracosta.org or Gregory Beckner, (925) 765-8586, greg.beckner@namicontracosta.org

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

Zoom Meeting - Older Adults Support Group: Time: Every 2nd and 4th Monday, from 6:00 - 7:00 pm.
Contact: Michele O'Keefe, (925) 689-4447, michele@namicontracosta.org

Reunión Zoom Español - Grupo de Apoyo Familiar Español Horario: Cada lunes, 5:30 – 7:00 pm
Contacto: Mariela Acosta o Ruth Hernández, (925) 765-8206, latinx@namicontracosta.org

Zoom Meeting - Conexiones en Español – Grupo de Apoyo: Every Wednesday from 6:30 – 8:00 pm
Contactar Juan Soria, (925) 595-9412, juan.soria@namicontracosta.org

Zoom Meeting - AAPI / Mandarin Family Support Group: Time: 3rd Sunday of the month, 3:00 - 4:30 pm and 1st. Tuesday of the month, 5:30 -6:30 pm. 每月的第三个星期日下午3点到4点半和第一个星期二晚上5点半到6点半.
Contacto: Shelly Ji, (925) 765-8232, shelly@namicontracosta.org

Zoom Meeting - African American Family Support Group: Time: 4th Wednesday of the month, 7:00 – 8:00 pm
Contact: Gigi Crowder, (510) 990-2670, gigi@namicontracosta.org

Zoom Meeting - Men of Wellness & Men of Faith Support Group: Time: 2nd Tuesday of the Month at 7:00 pm
Contact: Marc King at marc.king@namicontracosta.org or Alfonzo Edwards at alfonzo.edwards@namicontracosta.org

Zoom Meeting - Writer's Group: Time: 2nd Saturday of the month, 10:30 am - 12:00 pm
Contact: Margaret Netherby, (925) 370-7282, mlm1netherby@yahoo.com

Zoom Meeting - African American Young Women Support Group: Ages 17-29 Time: Every 3rd Friday, 6:00 - 7:00 pm:
Contact: Alkil, (702) 234-4726, akil-maz-mzon@namicontracosta.org

Zoom Meeting - TAY (Transitional Age Youth) AAPI Support Group: Ages 16-29 Time: Every Saturday, 6:00 - 7:30 pm.普通话青少年互助组，面向年龄16-29岁 每周六6点到7点半. Contact: Leo Li, (510) 368-1422, leo.li@namicontracosta.org

Zoom Meeting - AAPI Connection Support Group: Every Saturday, 8:00 - 9:00 pm. 中文同志互助. 每周六晚上8点到9点.
Contact: Yiwen(Yvonne) Wu, (510) 660-1793, yiwen.wu@namicontracosta.org

Zoom Meeting - Support Group for parents of school-aged children with mental health challenges: Time: The 2nd & the 4th Monday of each month, from 8:00 – 9:00 pm. Contact: Elizabeth & Eileen Limberg Email: bethncinder@att.net or emlimberg@yahoo.com

Zoom Meeting – Men’s Group: Time: The 2nd & the 4th Tuesday of each month, from 7:00 – 8:00 pm
A safe, open, and respectful environment for generations of men to convene.
Contact: Gregory Beckner, (925) 765-8586, greg.beckner@namicontracosta.org

Hybrid – LGBTQ+ Support Group: Time: First and Third Tuesday of the month, 12:00 pm – 1:00 pm. Both In person and via Zoom. A free, confidential, and culturally inclusive support group for LGBTQ+ individuals, families and allies. Contact: Maureen McSweeney, (925) 408-6564, maureen.mcsweeney@namicontracosta.org

Hybrid - NAMI Connection Support Group: Contact: Avery Gould (925)542-1939, avery@namicontracosta.org
Zoom Meeting - Time: Every Wednesday, 7:00 – 8:30 pm, Every Friday, 7:00 pm – 8:30 pm.
In Person: Time: Every Tuesday, 7:00 - 8:30 pm at our Office- 2151 Salvio St, Suite V, Concord, 94520.

NAMICC Hiking Group: Every Saturday 9:00 am, Location varies.
Contact: Maureen McSweeney, (925) 408-6564, maureen.mcsweeney@namicontracosta.org

Brentwood Family Support Group: Time: Last Tuesday of the Month, 7:00 p.m. Contact: Laurel Howard-Fong, lphfong19@gmail.com
Hybrid - TAY (Transitional Age Youth) English Support Group: Ages 16-29 Time: Every Monday, 6:00 - 7:00 pm:
Every Saturday, 1:00pm – 2:30pm at office, 2151 Salvio St, Suite V, Concord, 94520.
Contact: Leo Li, (510) 368-1422, leo.li@namicontracosta.org Or Jesse Robbins, (925) 765-8002, jesse.robbins@namicontracosta.org
NAMI CC African American CalHope Warm Line: (925) 465-3864 Offering non-clinical crisis services to African Americans during COVID-19. Contact Naomi Gashaw, (925) 765-9268, Naomi.gashaw@namicontracosta.org

NAMI CC AAPI CalHope Warm Line: (510) 649-5565 Offering non-clinical crisis services and peer mental health support to Asian American and Pacific Islander Communities during the COVID-19 pandemic. Contact person Leo Li, (510) 368-1422, leo.ri@namicontracosta.org. Tiffany Wang, (925) 765-9167, tiffany.w@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, 7:00 - 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 Marie Kamali, (415)254-9858, marie.kamali@namicontracosta.org. For De Familia a Familia, contact Gerardo al (925) 765-9980. NAMI 8节免费国语家庭精神心理健康教育课程，面向成年照顾者。中文课程联系人：Shelly, (925) 765-8232, 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—联系人：Shelly, (925) 765-8232, shelly@namicontracosta.org or Tiffany, (925) 765-9167, tiffany.w@namicontracosta.org or Leo Li, leo.ri@namicontracosta.org or Yiwen Wu, yiwen.wu@namicontracosta.org.

NAMI CC Basics: 6-week course on mental illness for parents and caregivers of children and adolescents with mental illness. Contact Marie Kamali, (415)254-9858, marie.kamali@namicontracosta.org. NAMI Basics is also available in Mandarin (国语基础教育课程，面向青少年的家人和教育者) 联系人 Shelly Ji, (925) 765-8232, shelly@namicontracosta.org En Español Contactar Gerardo al (925) 765-9980 or latinx@namicontracosta.org.

NAMI CC Peer-to-Peer: 8-week educational program for adults with mental illness. Info: registration: Ashley, (925) 765-9406, ashley@namicontracosta.org or facilitators Carla Pirie at carla@namicontracosta.org or Havonya Johnson at havonyajohnson@yahoo.com.

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, (510) 684-9024, debrathon@yahoo.com.

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., (910) 990-2670, gigi@namicontracosta.org and Greg Beckner, (925) 765-8586, 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 Juan Soria, (925) 595-9412, juan.soria@namicontracosta.org. Leo Li, (510) 368-1422, leo.li@namicontracosta.org.

NAMI CC Family Volunteer Support Network Office for families seeking help, support, and resources 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.
- NAMI Contra Costa Office: 2151 Salvio St, Suite V, CA 94520. info@namicontracosta.org. (925) 942-0767.
- NAMI On Campus High School (NCHS): Mental health club run by students at high schools. Contact: https://namicoco.org/nchs/ Current partners: Dougherty Valley High School; Heritage High School; Dozier Libbey Medical High School;
- Contra Costa County Family Advocate: Support and information for family members. Main number: (925) 348-5565.
- 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
- Peer Connection: For people with a mental illness to work on vocational and social skills while running the facility. Doctor referral required. Lisa Finch, (925) 804-1902, Lisa@putnampeerconnections.org Connection House: (925) 691-4276 Not a NAMI service.
- A3 (Anyone, Anywhere at Anytime) Miles Hall Crisis Call Center: Provides professional, same day intervention for adults experiencing a mental health crisis. (833) 443-2672 Children and Adolescents: (877) 441-1089
- Lafayette Open Our Hearts: All faiths welcome. 4th Monday 7-8:00 PM. Call Karen, (925) 945-7272, karen@mmcohen.com