



The NAMI Family Network's 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. All time are Pacific time.

Local Resources

Crash Course: (Virtual) Time: Every Wednesday, 6:00 pm

Contact: Michele O'Keefe, (707)410-0296, michele@namicontracosta.org or Gregory Beckner, (925) 765-8586, greg.beckner@namicontracosta.org

Zoom Meeting - Peer Dual Diagnosis Support Group: Time: Every Tuesday, 5 pm – 6 pm. 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, (707)410-0296, michele@namicontracosta.org

Zoom Meeting - Older Adults Support Group: Every 2nd and 4th Monday, from 6:00 - 7:00 pm.
Contact: Michele O'Keefe, (707)410-0296, 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 6:00 – 7:00 pm
Contactar Juan Soria, (925) 433-1705, juan.soria@namicontracosta.org

Zoom Meeting - AAPI / Mandarin Family Support Group/普通话中文家庭互助组: 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。
Contact/联系人: 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: Roberto Roman, roberto.roman@cchealth.org

Zoom Meeting - African American Young Women Support Group: Ages 17-29 Time: Every 3rd Friday, 6:00 - 7:00 pm :
Contact: Akili, (702) 234- 4726, akili-nuez-mixon@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/联系人: Leo Li, (510) 368-1422, leo.li@namicontracosta.org

Zoom Meeting - AAPI Connection Support Group: Every Saturday, 8:00 - 9:00 pm. 中文患友互助. 每周六晚上8点到9点.
Contact/联系人: 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 Saturday 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](mailto: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](mailto:leo.li@namicontracosta.org) Or [Jesse Robbins, \(925\) 765- 8002, jesse.robbyns@namicontracosta.org](mailto:jesse.robbyns@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](mailto: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.li@namicontracosta.org](mailto:Leo.Li@namicontracosta.org). [Tiffany Wang, \(925\) 765-9167, tiffany.w@namicontracosta.org](mailto:Tiffany.Wang@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](mailto:marie.kamali@namicontracosta.org). **For De Familia a Familia,** Contactar [Gerardo al \(925\) 765-9980 ó latinx@namicontracosta.org](mailto:Gerardo.al@namicontracosta.org). 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](mailto:Shelly@namicontracosta.org) 或者 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](mailto:Shelly@namicontracosta.org) 或者 [Tiffany Wang, \(925\) 765-9167, tiffany.w@namicontracosta.org](mailto:Tiffany.Wang@namicontracosta.org) 或者 [Leo Li, leo.li@namicontracosta.org](mailto:Leo.Li@namicontracosta.org) 或者 [Yiwen Wu, yiwen.wu@namicontracosta.org](mailto:Yiwen.Wu@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 [Marie Kamali, \(415\)254-9858, marie.kamali@namicontracosta.org](mailto: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](mailto:Shelly.Ji@namicontracosta.org) En Español Contactar [Gerardo al \(925\) 765-9980 ó latinx@namicontracosta.org](mailto:Gerardo.al@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](mailto:Ashley@namicontracosta.org) or facilitators [Carla Pirie at carla@namicontracosta.org](mailto:Carla.Pirie@namicontracosta.org) or [Havonya Johnson at havonyajohnson@yahoo.com](mailto:Havonya.Johnson@namicontracosta.org).

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](mailto:Deborah.Fruchey@namicontracosta.org)

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, gigi@namicontracosta.org](mailto:Gigi.R.Crowder@namicontracosta.org) and [Greg Beckner, \(925\) 765-8586, greg.beckner@namicontracosta.org](mailto: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, \(925\) 433-1705, juan.soria@namicontracosta.org](mailto:Juan.Soria@namicontracosta.org), [Leo Li, \(510\) 368-1422, leo.li@namicontracosta.org](mailto: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](tel:(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](tel:(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](tel:(925)942-0767).
- **NAMI On Campus High School (NCHS):** Mental health club run by students at high schools. Contact: <https://namica.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](tel:(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](tel:(925)646-2800).
- **Independent Living Resources:** Helps people with disabilities gain independence. Offices in Concord and Antioch. [\(925\) 363-7293](tel:(925)363-7293), www.ilrsc.org
- **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](mailto:Lisa.Finch@namicontracosta.org) **Connection House:** [\(925\) 691-4276](tel:(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](tel:(833)443-2672) Children and Adolescents: [\(877\) 441-1089](tel:(877)441-1089)