

NAMI Minnesota offers both online and in-person support groups for adults living with a mental illness and their families. For general support group questions, please call **651-645-2948**.

*“Thank you so much for being here tonight. I was struggling, and now I feel better!” - Support Group Member*

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NAMI Minnesota offers most online support group meetings on **HeyPeers**. Visit the [HeyPeers website](#) and create a free account to connect with your NAMI Minnesota support group. For the best meeting experience, please view [this article](#). For technical support, please submit a [request form](#) with HeyPeers.

In NAMI Minnesota support groups, some people may share their pronouns (he/she/they/ze) or put their pronouns in writing next to their name. This is to let you know how they want you to refer to them. Pronouns specifically refer to a person’s gender and not their emotional or sexual attraction to other people. We respect how people personally identify and ask that anyone attending a NAMI Minnesota support group do the same.

Due to privacy and confidentiality, **NAMI Minnesota support groups are not open to observers.**

## NAMI Connection Support Groups - Online

NAMI Connection Support Groups are free, peer-led support groups for adults (18+) living with a mental illness. Gain insight from the challenges and successes of others facing similar experiences. The groups are led by trained leaders with lived experience. Meetings are 90 minutes long. Most online groups meet on HeyPeers.

### **NAMI Connection Support Group**

**Facilitator(s):** Mary & John

**Meets:** every Monday 12:00 - 1:30 pm

**Online access on** [HeyPeers](#)

### **NAMI Connection Support Group**

**Facilitator(s):** Curt & Mary

**Meets:** every Monday 6:30 - 8:00 pm

**Online access on** [HeyPeers](#)

### **NAMI Connection Support Group**

**Facilitator(s):** Rebecca

**Meets:** every Monday 6:30 - 8:00 pm

**Online access on** [HeyPeers](#)

### **NAMI Connection Support Group - Young Adult LGBTQ+**

**Facilitator(s):** Jen

**Meets:** 2nd & 4th Mondays 6:00 - 7:30 pm

**Online access on** [HeyPeers](#)

### **NAMI Connection Support Group - Southeast Minnesota**

**Facilitator(s):** Southeast Minnesota

**Meets:** every Tuesday 7:00 - 8:30 pm

**For more information please visit**

<https://namisemn.org/events/>

### **NAMI Connection Support Group - Young Adult**

**Facilitator(s):** Helena & Lora

**Meets:** 1st & 3rd Tuesdays 7:30 - 9:00 pm

**Online access on** [HeyPeers](#)

**NAMI Connection Support Group**

**Facilitator(s):** Debbi & Lora

**Meets:** every Wednesday 6:30 - 8:00 pm

**Online access on** [HeyPeers](#)

**NAMI Connection Support Group - Virginia**

**Facilitator(s):** Tod & Nathan

**Meets:** every Thursday 5:30 - 7:00 pm

**Hybrid: Online access on** [HeyPeers](#) **In-person:**

**NAMI Connection Support Group - African-American**

**Facilitator(s):** Ishaq

**Meets:** every Thursday 6:00 - 7:30 pm

**Online access on** [HeyPeers](#)

**NAMI Connection Support Group**

**Facilitator(s):** Joycelyn

**Meets:** every Thursday 6:30 - 8:00 pm

**Online access on** [HeyPeers](#)

**NAMI Connection Support Group**

**Facilitator(s):** Don & Mary

**Meets:** every Friday 2:30 - 4:00 pm

**Online access on** [HeyPeers](#)

**NAMI Connection Support Group**

**Facilitator(s):** Nick & Mary

**Meets:** every Friday 6:30 - 8:00 pm

**Online access on** [HeyPeers](#)

**NAMI Connection Support Group - Hennepin County**

**Facilitator(s):** Lisa & Kim

**Meets:** every Friday 6:45 - 8:15 pm

**Online access on** [HeyPeers](#) (also meets in-person the 4th Friday)

**NAMI Connection Support Group - BIPOC**

**Facilitator(s):** Anvita & Nia

**Meets:** 2nd & 4th Saturdays 10:00 - 11:30 am

**Online access on** [HeyPeers](#)

**NAMI Connection Support Group - LGBTQ+**

**Facilitator(s):** Marion & Liz

**Meets:** every Saturday 1:00 - 2:30 pm

**Online access on** [HeyPeers](#)

**NAMI Connection Support Group - Asian**

**Facilitator(s):** Anh Thu & Seoyeon

**Meets:** 1st & 3rd Sundays 3:30 - 5:00 pm

**Online access on** [HeyPeers](#)

**NAMI Connection Support Group -Young Adult**

**Facilitator(s):** Tess & Leah

**Meets:** 1st, 3rd, & 5th Sundays 6:30 - 8:00 pm

**Online access on** [HeyPeers](#)

## NAMI Connection Support Groups - In-Person

NAMI Connection Support Groups are free, peer-led support groups for adults (18+) living with a mental illness. Gain insight from the challenges and successes of others facing similar experiences. The groups are led by trained leaders with lived experience. Meetings are 90 minutes long.

### **NAMI Connection Support Group - Winona**

**Facilitator(s):** Judy 507-450-0265, Mary 507-454-4047, Rich 507-459-9089

**Meets:** every Monday 7:00 - 8:30 pm

**In-Person:** VFW 208 E. 3rd Street Winona, MN

### **NAMI Connection Support Group - Hamm Clinic**

**Facilitator(s):** Jeff

**Meets:** every Tuesday 11:30 am - 1:00 pm

**In-Person:** Hamm Clinic, 10 River Park Plaza #710, St. Paul, MN, take elevator to 7th floor entrance

### **NAMI Connection Support Group - McLeod County**

**Facilitator(s):** Scott

**Meets** every Tuesday 4:00 to 5:30 pm

**In-Person:** Hutchinson Public Library, 50 Hassen St SE, Hutchinson, MN

### **NAMI Connection Support Group - Albert Lea**

**Facilitator(s):** Sara 507-377-5483

**Meets** every Wednesday 5:00 - 6:30 pm

**In-Person:** 2610 YH Hanson, Albert Lea, MN

### **NAMI Connection Support Group - Coon Rapids**

**Facilitator(s):** Tim 612-669-5111 & Cort 612-999-3859

**Meets:** every Wednesday 5:30 - 6:45 pm

**In-Person:** Family Life Mental Health Center, 1930 Coon Rapids Blvd NW, Coon Rapids, MN

**NAMI Connection Support Group - Virginia, MN**

**Facilitator(s):** Tod & Nathan

**Meets:** every Thursday 5:30 - 7:00 pm

**(Hybrid) In-Person:** The Red Door Church, 231 3rd St S, Virginia, MN **Online** access on [HeyPeers](#)

**NAMI Connection Support Group - Dakota County**

**Facilitator(s):** Gary 952-432-9278

**Meets** every Thursday 6:30 - 8:00 pm

**In-Person:** Peace Church, 2180 Glory Drive. Eagan, MN

**NAMI Connection Support Group - Duluth**

**Facilitator(s):**

**Meets:** every Thursday 6:00 - 7:30 pm

**In-Person:** Trinity Lutheran Church, 1108 East Eighth Street Duluth, MN

**NAMI Connection Support Group - Wilmar**

**Facilitator(s):** Wendy

**Meets:** 1st Thursday 6:30 - 8:00 pm

**In-Person:** Wilmar Public Library, 410 5th St SW, Willmar, MN

**NAMI Connection Support Group - Mankato**

**Facilitator(s):** Christine

**Meets:** 2nd & 4th Thursday 6:30 - 8:00 pm

**In-Person:** Grace Lutheran Church, 110 N 4th Street, Mankato MN

**NAMI Connection Support Group - Northfield**

**Facilitator(s):** Kent [kent.romm@gmail.com](mailto:kent.romm@gmail.com)

**Meets:** every Friday 7:00 - 8:30 pm

**In-Person:** St. John's Lutheran Church, 500 3rd St W. Northfield, MN

**NAMI Connection Support Group - Hennepin County**

**Facilitator(s):** Lisa & Kim

**Meets:** every Friday 6:45 - 8:15 pm

**(Hybrid) In-Person:** Mt. Olivet Church, 5025 Knox Ave S, Minneapolis, MN, Room 207 (also **online** the 4th Friday, access on [HeyPeers](#))

## NAMI Minnesota Open Doors Anxiety & Panic Support Groups

NAMI Minnesota Open Door Support Groups are free, peer-led support groups for any adult (18+) who is living with an anxiety or panic disorder. Gain insight from the challenges and successes of others facing similar experiences, build understanding and awareness, and connect with others. The groups are led by trained leaders with lived experience. Meetings are 90 minutes long. Groups meet in-person and online via HeyPeers.

### **NAMI Minnesota Open Doors Support Group**

**Facilitator(s):** Mary & Pam

**Meets:** every Tuesday 1:00 - 2:30 pm

**Online access on** [HeyPeers](#)

### **NAMI Minnesota Open Doors Support Group**

**Facilitator(s):** Shawn & Beth

**Meets:** 1st 3rd & 5th Tuesdays 7:00 - 8:30 pm

**Online access on** [HeyPeers](#)

### **NAMI Minnesota Open Doors Support Group**

**Facilitator(s):** Ella & Kanisha

**Meets:** 2nd & 4th Thursdays 6:30 - 8:00 pm

**Online access on** [HeyPeers](#)

### **NAMI Minnesota Open Doors Support Group**

**Facilitator(s):** Caitlin & Gary

**Meets:** 1st & 3rd Saturdays 10:30 am - 12:00 pm

**In-Person:** Nokomis Library, 5100 S 34th Ave, Minneapolis, MN

## NAMI Minnesota Dual Diagnosis Support Groups

NAMI Minnesota Dual Diagnosis Support Groups are free, peer-led support groups for any adult who is living with mental illnesses and a substance use disorder or chemical dependency. Gain insight from the challenges and successes of others facing similar experiences, build understanding and awareness, and connect with others. The groups are led by trained leaders with lived experience. Meetings are 90 minutes long.

### **NAMI Minnesota Dual Diagnosis Support Group**

**Facilitator(s):**

**Meets:** every Tuesday 11:00 am - 12:30 pm

**In-Person:** Stage by Staige, 11 E. Veterans Memorial Hwy, Kasson, MN

[Click here for more Information](#)

## NAMI Minnesota Smoking Cessation Support Office Hours

Quitting smoking or vaping is challenging, but it can be done and you don't need to do it alone. Drop into our tobacco specialist's virtual office hours to chat about a variety of topics such as, nicotine replacement therapies, coping strategies, or developing a quit plan. Stop in just once or attend on a regular basis to engage with others who are also looking to quit using commercial tobacco.

### **NAMI Minnesota Smoking Cessation Support Office Hours**

**Facilitator(s):** Danielle

**Meets:** every Thursday 2:00 - 3:00 pm

**Online** access via [Zoom](#)

## NAMI Family Support Groups - Online

NAMI Family Support Groups are free, peer-led support groups for any adult with a loved one who is living with a mental illness. Gain insight from the challenges and successes of others facing similar experiences, build understanding and awareness, and connect with others. The groups are led by trained leaders with lived experience. Meetings are 90 minutes long. Online groups meet via HeyPeers.

### **NAMI Family Support Group - Southeast Minnesota**

**Facilitator(s):** Southeast Minnesota

**Meets:** 1st & 3rd Mondays 5:30 - 7:00 pm

For more info: <https://namisemn.org/events/>

### **NAMI Family Support Group - 1st Episode Psychosis**

**Facilitator(s):** Nancy

**Meets:** 2nd Monday 6:00 - 7:30 pm

**Online access on** [HeyPeers](#)

### **NAMI Family Support Group - 1st Episode Psychosis**

**Facilitator(s):** Betty & Michele

**Meets:** 4th Monday 6:00 - 7:30 pm

**Online access on** [HeyPeers](#)

### **NAMI Family Support Group**

**Facilitator(s):** Elizabeth

**Meets:** 1st Tuesday 6:15 - 7:45 pm

**Online access on** [HeyPeers](#)

### **NAMI Family Support Group - Partner & Spouse**

**Facilitator(s):** Jeff & Annie

**Meets:** 2nd & 4th Tuesdays 6:30 - 8:00 pm

**Online access on** [HeyPeers](#)

**NAMI Family Support Group - Parents & Caregivers of Children Under 21**

**Facilitator(s):** Nancy

**Meets:** 4th Tuesday 6:30 -8:00 pm

**Online** access on [HeyPeers](#)

**NAMI Family Support Group**

**Facilitator(s):** Nancy & Laura

**Meets:** 3rd Tuesday 7:00 - 8:30 pm

**Online** access on [HeyPeers](#)

**NAMI Family Support Group - St. Cloud**

**Facilitator(s):** Cecil

**Meets:** 2nd & 4th Tuesdays 7:00 - 8:30 pm

**Online** access on [HeyPeers](#)

**NAMI Family Support Group**

**Facilitator(s):** Matthew

**Meets:** 1st & 3rd Wednesdays 6:30 - 8:00 pm

**Online** access on [HeyPeers](#)

**NAMI Family Support Group - Washington County**

**Facilitator(s):** Dan, Kris, & Cathy

**Meets:** 2nd & 4th Wednesdays 6:30 - 8:00 pm

**Online** access on [HeyPeers](#)

**NAMI Family Support Group - Parents & Caregivers of Children Under 21**

**Facilitator(s):** Mary

**Meets:** 1st & 3rd Thursdays 6:30 -8:00 pm

**Online** access on [HeyPeers](#)

**NAMI Family Support Group - Moorhead**

**Facilitator(s):** Trish

**Meets:** 4th Thursday 6:30 -8:00 pm

**Online** access on [HeyPeers](#)

## NAMI Family Support Groups - In-Person

NAMI Family Support Groups are free, peer-led support groups for any adult with a loved one who is living with a mental illness. Gain insight from the challenges and successes of others facing similar experiences, build understanding and awareness, and connect with others. The groups are led by trained leaders with lived experience. Meetings are 90 minutes long.

### **NAMI Family Support Group - Stillwater**

**Facilitator(s):** Bob

**Meets:** 1st & 3rd Mondays 6:30 -8:00 pm

**In-Person:** Stillwater Public Library, 224 3rd St N. Stillwater, MN

### **NAMI Family Support Group - West St. Paul**

**Facilitator(s):** Joann 651-457-3373

**Meets:** 2nd & 4th Mondays 6:30 -8:00 pm

**In-Person:** Augustana Lutheran, 1400 S Robert St West Saint Paul, MN

### **NAMI Family Support Group - Dakota County**

**Facilitator(s):** Connie 952-432-9278

**Meets:** 2nd Monday 7:00 - 8:30 pm

**In-Person:** Advent United Methodist Church, 3945 Lexington Avenue South, Eagan, MN

### **NAMI Family Support Group - Elk River Parents & Caregivers of Children Under 21**

**Facilitator(s):** Sue S. at 763-283-1838

**Meets:** 3rd Monday 6:00 - 8:00 pm (dinner & childcare provided)

**(Hybrid) In-Person:** Handke Center, 1170 Main Street, Elk River **Online:** call for Zoom link

### **NAMI Family Support Group - Parents & Caregivers of Children Under 21**

**Facilitator(s):** Contact Mary at [parenteducation@namimn.org](mailto:parenteducation@namimn.org)

**Meets:** 4th Monday 7:00 - 8:30 pm

**In-Person:** Luther Memorial Church 315 15th Avenue North, South St. Paul, MN

### **NAMI Family Support Group - Grand Rapids**

**Facilitator(s):** Dave & Laurie

**Meets:** Every Tuesday 5:30 - 7:00 pm

**In-Person:** To join, email: [gr.mn.nami@gmail.com](mailto:gr.mn.nami@gmail.com) Or leave a phone message at 218-999-7658

### **NAMI Family Support Group - Northfield**

**Facilitator(s):**

**Meets:** 1st & 3rd Tuesdays 7:00 - 8:30 pm

**In-Person:** St. John's Lutheran Church, 500 3rd St W. Northfield, MN

### **NAMI Family Support Group - Waconia**

**Facilitator(s):** Jan 612 554 0825 & Mark 763 464 8932

**Meets:** 1st & 3rd Thursdays 6:30 -8:00 pm

**In-Person:** St Joseph Catholic School, 41 East First Street, Waconia MN (use door #5 on Pine Street)

### **NAMI Family Support Group - Mankato**

**Facilitator(s):** Diane Gerlach

**Meets:** 2nd & 4th Thursdays 6:30- 8:00 pm

**In-Person:** Grace Lutheran Church, 110 N 4th Street, Mankato MN

## **NAMI Minnesota Grupo de Apoyo de Familia en Espanol**

NAMI Minnesota (Alianza Nacional sobre las Enfermedades Mentales) ofrece a familias y amigos de individuos que viven con una condición de salud mental la oportunidad de juntarse con otras personas para compartir experiencias, compartir sus preocupaciones y aprender entre sí. Estos grupos van a ser en español.

### **NAMI Minnesota Grupo de Apoyo de Familia en Espanol**

**Facilitator(s):**

**Meets:**

**Online access on** [HeyPeers](#)