



National Alliance on Mental Illness

NAMI Boulder County

Serving Boulder and Broomfield Counties

1333 Iris Ave., Boulder, CO 80304

303-443-4591

e-mail: info@namibouldercounty.org

www.namibouldercounty.org



INMI

Interfaith Network on Mental Illness

Classes and Support Groups

NAMI CLASSES IN BOULDER COUNTY

Free classes offering information on brain disorders, how to cope, and how to advocate. We keep an ongoing list for these classes. To reserve a place, call 303-443-4591.

- ▶ **Family-to-Family Class** – A free 12-week program for family members, friends or caregivers who have a loved one with a brain disorder. **Next class starts January 8, 2012.**
- ▶ **Colorado Visions** (formerly Visions for Tomorrow) – A free 5-week class for caregivers of children and adolescents with brain disorders.

NAMI SUPPORT GROUPS

- ▶ **Support group for family members of people with mental illness** -1st and 3rd Monday nights, 7:00-8:30 at the Boulder Mental Health Center (Norton Room), 1333 Iris Ave., Boulder. Call Anne at 720-839-4139
- ▶ **NAMI Connection peer support group**, Broomfield, Tuesdays 7-8:30 p.m., United Methodist Church, 545 W. 10th Ave, Room 201. Email mbgwells@aol.com or savarstevie@aim.com

DEPRESSION AND BIPOLAR DISORDER

- ▶ **Longs Peak Depression and Bipolar Support Alliance (DBSA) Longmont**, Mondays, 6:00-8:00 p.m. 303-833-4036, longspeakbipolarsupport@q.com.
- ▶ **Depression and Bipolar Support Alliance (DBSA) Boulder**, weekly peer-only meetings and one friends and family meeting per month. Contact Lauren at boulderdbsa@gmail.com or 720-443-2849.
- ▶ **The Robert D. Sutherland Center for the Evaluation and Treatment of Bipolar Disorder** Visit rdsfoundation.org or call 303-492-5680 for information about the Sutherland Seminar Series on bipolar disorder, which is offered twice yearly. **The next series begins Monday, Jan. 23, 2012, 6-7:30 p.m.**
- ▶ **Supporting Together**, Thursdays 6:00-8:00 p.m. Longmont, Diane and Candy Dworkin-Wagner 303 682-2911, supportingtogether@hotmail.com

SUICIDE SURVIVORS

- ▶ Free support group for family and friends of someone who has died from suicide. Longmont, 1st and 3rd Wednesdays, 5:30-7 p.m. Call 303-532-7904 for location.

CHILDREN AND ADOLESCENTS

Parents Experiencing Challenging Kids Support Group (PECK) - Meets monthly at a local restaurant in Louisville. For time and place, contact Harriet Austin at 303-284-9863 or austinhb@hotmail.com.

OBSESSIVE COMPULSIVE DISORDER

New day, new location: Support group for people with OCD, their families and friends. **First and third Mondays, 7:00-9:00 p.m., Alfalfa's Market Community Room**, 1651 Broadway, Boulder. Contact Brent, 303-422-9704 or Ilene, 303-938-1360.

OBSESSIVE COMPULSIVE ANONYMOUS

(www.ocdcolorado.com) and **SOCIAL PHOBICS ANONYMOUS** (www.healsocialanxiety.com).

SCHIZOPHRENIA and Related Disorders Support Groups (people with other mental illness diagnoses also welcome) Call 303-413-6233 for details.

1. **Thursdays**, 7:00-8:00 p.m. sharp, Mental Health Center, 1333 Iris Ave, Norton Room, entrance on southeast.
2. **Fridays**, 10:30-11:15 a.m., Maslin House, 1036 University Ave., Boulder

FAITH-BASED SUPPORT GROUPS

- ▶ **Spiritual Support Group** for consumers and family members, 2nd and 4th Monday, 7-8:30 p.m. First Congregational Church, Boulder. 720-304-6918.
- ▶ **"Shift" groups** every Friday night at Flatirons Community Church. Learn more at www.flatironschurch.com/shift
- ▶ **First Presbyterian Mental Illness Support Group** (for family members and friends) 3rd Sunday of every month at First Presbyterian Church, Boulder. Call 303-442-1925

"SOFT VOICES" DROP-IN CENTER, LONGMONT

Resource and friendship center for adults with mental illness. Tuesdays, 10:00-noon; Thursdays and Fridays, 1:00-3:00. 5th & Kimbark. Contact Gil at 303-776-0410.

INTERNET RESOURCES

Visit the NAMI Boulder County website at www.namibouldercounty.org for details on above listings

Many of these support groups/classes/resources are sponsored by groups other than NAMI Boulder County or INMI. Please use your own best judgement as to whether they are suitable for you.