



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](mailto:info@namibouldercounty.org)

[www.namibouldercounty.org](http://www.namibouldercounty.org)

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

## 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.
- ▶ **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 203. Email [mbgwells@aol.com](mailto:mbgwells@aol.com) or [savarstevie@aim.com](mailto:savarstevie@aim.com)

### DEPRESSION AND BIPOLAR DISORDER

- ▶ **Twin Peaks Depression and Bipolar Support Alliance (DBSA) Longmont**, Mon, 7-9 p.m. Contact Marc, 970-482-2605, [twinpeaksdbsa@hotmail.com](mailto:twinpeaksdbsa@hotmail.com)
- ▶ **Depression and Bipolar Support Alliance (DBSA) Boulder**, Two peer-only meetings and one friends and family meeting per month. Contact Lauren at [boulderdbsa@gmail.com](mailto:boulderdbsa@gmail.com) or 303-641-6333
- ▶ **CareTogether Support Group** for spouses/partners of people with bipolar disorder and depression, 2nd and 4th Wednesdays, Lafayette library, upstairs. 303-507-8533, [caretogether@gmail.com](mailto:caretogether@gmail.com)
- ▶ **The Robert D. Sutherland Center for the Evaluation and Treatment of Bipolar Disorder** Visit [rdsfoundation.org](http://rdsfoundation.org) or call 303/492-5680 for information about the Sutherland Seminar Series on bipolar disorder.
- ▶ **Defeat Depression**, an online group. [www.meetup.com/DefeatDepression](http://www.meetup.com/DefeatDepression)
- ▶ **Supporting Together**, Thursdays 6:00-8:00 p.m. Longmont, Diane and Candy Dworkin-Wagner 303 682-2911, [supportingtogether@hotmail.com](mailto:supportingtogether@hotmail.com)
- ▶ **Longspeak Bipolar Support**, Fridays, 3-5 p.m. 303-772-3559, [longspeakbipolarsupport@q.com](mailto:longspeakbipolarsupport@q.com).

### 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](mailto:austinhb@hotmail.com).

### OBSESSIVE COMPULSIVE DISORDER

Support group for people with OCD, their families and friends. First and third Wednesdays, 7:00-9:00 p.m. Mental Health Center, Norton Room, 1333 Iris Avenue, Boulder. Contact Brent, 303-422-9704 or Ilene, 303-938-1360.

### OBSESSIVE COMPULSIVE ANONYMOUS

([www.ocdcolorado.com](http://www.ocdcolorado.com)) and **SOCIAL PHOBICS ANONYMOUS** ([www.healsocialanxiety.com](http://www.healsocialanxiety.com)).

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

1. Tuesdays, 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

### DUAL-RECOVERY ANONYMOUS

A 12-step organization for people with a dual diagnosis of addiction/alcoholism with a psychiatric illness. Tuesdays, 11:00 a.m., Longmont. Contact Shochet, 303-245-4449.

### SUICIDE SURVIVORS

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

### FAITH-BASED SUPPORT GROUPS

- ▶ **Nondenominational Spiritual Support Group** for consumers and family members, 2nd & 4th Monday, 6:30-8 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](http://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 Web site at [www.namibouldercounty.org](http://www.namibouldercounty.org) for details on above listings