



NAMI Maryland Family Support Groups

(updated 2/15/2017)

NAMI Family Support groups are for relatives and caregivers of individuals with mental illness. These groups provide a caring atmosphere for individuals to share their common experiences while developing skills needed to cope with daily challenges.

To find your nearest NAMI Family Support Group see below:

Annapolis

Date: 2nd Thursday of each month

Time: 6:30 PM – 8:00 PM

Location: Arundel Lodge

2600 Solomons Island Road, Edgewater, MD 21037

*For more information, contact NAMI Anne Arundel County at 443-569-3498 or visit their [website](#).

Baltimore

Date: Every Thursday of each month

Time: 7:00 PM - 8:30 PM

Location: NAMI Metropolitan Baltimore

6600 York Road, Suite 204, Baltimore, MD 21212

Date: 2nd and 4th Wednesday

Time: 7:00 PM – 8:30 PM

Location: Medstar Franklin Square Hospital, Conference room A

9000 Franklin Square Drive, Baltimore, MD 21237

*For more information, contact NAMI Metro Baltimore at 410-435-2600 or visit their [website](#).



National Alliance on Mental Illness

nami

**Family
Support Group**

Bel Air

Date: 1st and 3rd Wednesday of each month

Time: 7:30 PM -9:00 PM

Location: Bel Air United Methodist Church

21 Linwood Ave. Room #127, Bel Air, MD 21014

***For more information, contact NAMI Harford County at namiharfordcounty@gmail.com.**

Berlin

Date: 2nd Tuesday of each month

Time: 6:30 PM – 8:00 PM

Location: Atlantic General Hospital, Conference Room 2

9733 Healthway Drive, Berlin, MD 21811

***For more information, contact Carole Spurrier at 410-208-4003 or carolespurrier@msn.com or Gail Mansell at 410-641-9725 or gmansell@atlanticgeneral.org.**

Bowie

Date: 1st Tuesday of the month

Time: 7:00 PM - 8:30 PM

Location: South Bowie Branch Conference Room

15301 Hall Rd., Bowie, MD 20721

Date: 3rd Saturday

Time: 9:30am – 11 am

Location: Bowie Senior Center

14900 Health Center Drive, Bowie, MD 20716

(NAMI parents and caregivers of kids & teens with emotional and behavioral health needs)

***For more information, contact Collette Harris, 301-467-1513; harris1.namipgc@yahoo.com. Or
Michell Long, 202-731-0891; michell.long@yahoo.com.***

Boyds

1. **Date:** 2nd Thursday

Time: 7:00pm – 8:30pm

Location: Open Door Metropolitan Community Church

15817 Barnesville, Rd, Boyds, MD 20841

***For more information contact the NAMI Montgomery County office at 301-949-5852 or visit their [website](#).**

Clinton/Upper Marlboro

Date: 1st Tuesday of each month

Time: 6:30 – 8pm

Location: Medstar Southern Maryland Hospital - Library

7503 Surratts Road, Clinton, MD 20735

***For more information, contact NAMI Prince George's County at 301-429-0970 or visit their [website](#).**

Columbia

Date: 2nd Tuesday of each month

Time: 7:30 PM - 9:00 PM

Location: Harmony Hall Retirement Center (in the parlor)

6336 Cedar Lane, Columbia, MD 21044

Date: 3rd Friday of each month

Time: 7:30 PM - 9:00 PM

Location: Celebration Church (in the music room)

6080 Foreland Garth, Columbia, MD 21045

Groups for parents & caregivers of children & teens with mental health issues:

Date: 2nd Mondays of each month

Time: 12:00 PM - 1:30 PM

Location: First Presbyterian Church, Room 204



9325 Presbyterian Circle, Columbia, MD 21045

Date: Last Wednesday of each month

Time: 7:30 PM - 9:00 PM

Location: First Presbyterian Church, Room 252

9325 Presbyterian Circle, Columbia, MD 21045

Group for parents of transition age youth (ages 16-26)

Date: 3rd Thursday of each month

Time: 7:30 PM - 9:00 PM

Location: First Presbyterian Church, Room 252

9325 Presbyterian Circle, Columbia, MD 21045

***For more information, contact NAMI Howard County at 410-772-9300 or visit their [website](#).**

Frederick

Date: 1st Thursday of each month

Time: 7:00 PM - 8:30 PM

Location: Good Shepherd Lutheran Church
1415 W. 7th Street, Frederick, MD 21702

Date: 3rd Wednesday of each month

Time: 6:30 PM - 8:00 PM

Location: All Saints Episcopal Church
106 W. Church Street, Frederick, MD 21701

Date: 4th Tuesday of each month

Time: 6:30 PM – 8:00 PM

Location: Great Hall of Way Station
230 W. Patrick Street, Frederick, MD 21701

*For more information, contact NAMI of Frederick County at supportgroups@namifcmd.org or call 240-379-6186.

Hughesville

Date: 2nd Thursday

Time: 7:00 – 8:30 PM

Location: Southern Maryland Realtor Center,
8440 Old Leonardtown Road, Hughesville, 20637 (upper level conference room - park in rear of building)

*For more information, contact NAMI Southern Maryland at 301-737-1988 or visit their [website](#).

Hyattsville/Riverdale/College Park

Date: 4th Monday of the month

Time: 6:30 PM - 8:00 PM

Location: Prince George's Plaza Community Center
6600 Adelphi Rd, Hyattsville, MD

*For more information, contact NAMI Prince George's County at 301-429-0970 or visit their [website](#).

Lexington Park

Date: 1st Monday of each month

Time: 6:00 PM - 7:30 PM

Location: Trinity Lutheran Church

46707 Shangri-la Drive, Lexington Park, MD 20653

*For more information, contact NAMI Southern Maryland at 301-737-1988 or visit their [website](#).

Olney

Date: 2nd Saturday of each month

Time: 9:30 AM

Location: Medstar Montgomery Medical Center (2nd flr, Comm Learn Ctr C)

18101 Prince Philip Dr., Olney, MD 20832

*For more information contact the NAMI Montgomery County office at 301-949-5852 or visit their [website](#).

Potomac

Date: 2nd Friday of each month

Time: 7:00 PM – 8:30 PM

Location: Saint James Episcopal Church

11815 Seven Locks Rd., Potomac, MD 20854

*For more information contact the NAMI Montgomery County office at 301-949-5852 or visit their [website](#).

Prince Frederick

Date: 4th Thursday of each month

Time: 7:00 PM - 8:30 PM

Location: St. John Vianney Catholic Church, Family Life Center, 100 Vianney Lane, Prince Frederick, 20678



*For more information, contact NAMI Southern Maryland at 301-737-1988 or visit their [website](#).

Rockville

Date: 2nd Wednesday of each month

Time: 2:30 PM - 4:00 PM

Location: Unitarian Universalist Church of Rockville
100 Welsh Park Drive, Rockville, MD 20850

Date: 4th Wednesday

Time: 7:30 PM - 9:00 PM

Location: NAMI Montgomery County Office (Front conference area)
11718 Parklawn Drive, Rockville, MD 20852

Date: 3rd Friday

Time: 7:00pm – 8:30pm

Location: NAMI MC Program Office
11718 Parklawn Drive, Rockville, MD 20852

(support group for spouses)

NAMI Grupo de Apoyo Para Familiares

Nuestros grupos de apoyo familiares están compuestos de adultos (parientes, amigos, etc.) que están preocupados por su ser querido que padece de una enfermedad mental (como la depresión, ansiedad, esquizofrenia, etc.). Compartimos ideas y hablamos acerca de cómo ayudar a nuestro ser querido. ¡Todos están bienvenidos! Los grupos de apoyo son gratuitos.

Date: 1st and 3rd Friday of each month

Time: 6:30 PM - 8:30 PM

Location: NAMI Montgomery County Office (back conference area)
11718 Parklawn Drive, Rockville, MD 20852

*For more information, contact the NAMI Montgomery County office at 301-949-5852 or visit their [website](#).

Severna Park

Date: 3rd Tuesday of each month

Time: 6:30 PM – 8:00 PM

Location: Woods Memorial Church

611 Baltimore Annapolis Blvd, Severna Park MD 21146

For more information, contact NAMI Anne Arundel County at 443-569-3498 or visit their [website](#).

Upper Marlboro

Date: 3rd Tuesday of each month

Time: 7:00 PM – 8:30 PM

Location: Largo-Kettering Branch Library,
Capital Lane, Upper Marlboro, MD

For more information, contact NAMI Prince George's County at 301-429-0970 or visit their [website](#).

Westminster

1. **Date:** 1st Monday and 3rd Tuesday of each month

Time: 6:45 PM – 8:15 PM

Location: Carroll Nonprofit Center

255 Clifton Blvd., Westminster, MD 21157

***For more information, contact Carol Carr-Meinecke at 410-857-3650.**