



Support Group List

Everyone welcome, no charge, confidential

NAMI FAMILY GROUPS (for families and friends of people who have a mental illness)
NAMI COMBINED GROUPS (for people with mental illness and families/friends)
NAMI PEER/CONSUMER GROUPS (for people with any mental health issues)

New groups are in the process of forming.
 Call Christine at 1-800-464-5767 for
 more information or check our website
www.namimaine.org for updates.

City	Type	Group	Contact	Phone	Meeting Location	Date/Time
Augusta - Togus VA	NAMI Combined	NAMI Veterans and Families	Carol	(207) 622-5767	Togus Vet Center	2nd Wednesday of the month
	Veteran focus		Bruce		Bldg 200 Room 106C	6:00 - 7:30 p.m.
Augusta	NAMI Peer	NAMI Capital Area Connections	Karin	(207) 441-7476	Maine General, Augusta	Every Wednesday
		Peer Support			Lobby Level Conference Room	5:15 - 6:45 p.m.
Augusta	NAMI Family	NAMI Capital Area	Jim	(207) 395-4669	NAMI Maine Office	2nd & 4th Wednesday of the month
		Family Support	Ann	(207) 582-2215	1 Bangor St. Augusta	6:30 - 8:00 p.m.
Augusta	NAMI Peer	NAMI Capital Area Social Club	Jeannette	(207) 626-2817	LINC Social Club	STARTING FEBRUARY 21 Every Tuesday
		Peer Support	Grace	(207)330-5402	285 State Street, Augusta	11:00 - 1:00 p.m.
Bangor	NAMI Family	NAMI Bangor	Nancy	(207) 223-5686	Acadia Hospital	First Tuesday of the month
		Family & Friends Support Group	Betsy	(207) 866-3307	268 Stillwater Ave., Bangor Osprey Room	Families only 6:30 - 8:00 p.m.
Bangor	NAMI Combined	NAMI Bangor	Nancy	(207) 223-5686	Acadia Hospital	2nd Tuesday of the month for
			Amy	(207) 947-0366, x 303	268 Stillwater Ave., Bangor Osprey Room	Peer and Family member support 6:30 - 8:00 p.m.
Bangor	NAMI Education Night	NAMI Bangor	Nancy	(207) 223-5686	Acadia Hospital	Education Night
	Open to all				268 Stillwater Ave., Bangor Osprey Room	Most 3rd Tuesdays of the month Open to all - Call for details, time etc.
Bangor	NAMI Peer	NAMI Bangor Tuesday Peer	Amy	(207) 947-0366, x 303	Acadia Hospital	4th Tuesday of the month
			Sandra	(207) 263-6048	268 Stillwater Ave., Bangor Osprey Room	6:30 - 8:00 p.m.
Bangor	NAMI Peer	NAMI Bangor Thursday Peer	Vince	(207) 974-9032	Acadia Hospital	1st & 3rd Thursday of the month
					268 Stillwater Ave., Bangor Osprey Room	6:30 - 8:30 p.m.
Bangor	NAMI Combined	NAMI Bangor Veterans and	Bob	944-0341	Acadia Hospital	Every Friday
	Veteran focus	Veteran's Family Members			268 Stillwater Ave., Bangor Osprey Room	6:30 - 8:00
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City	Type	Group	Contact	Phone	Meeting Location	Date/Time
Biddeford	NAMI Peer Depression Bipolar only	NAMI ACES Saco Depression & bipolar peer support	Randy	(207) 284-5484	Southern Maine Medical Center, Ambulatory Behavioral Health 291 Alfred St., Biddeford	Every Monday 7:00 p.m.
Brunswick	NAMI Combined	NAMI Bath-Brunswick Peer and Family Support	Tracie Valerie	(207) 798-5891 (207) 319-7956	81 Medical Center Drive, Brunswick Conference room to right of front door	4th Wednesday of the month 7:00 - 9:00 p.m.
Damariscotta	NAMI Peer	NAMI Lincoln County Peer Group Phone Support in winter	Rachel	(207) 563-6412		Phone support over the winter Meetings start again in April
Dover-Foxcroft		NAMI Penquis Family Support Group Phone support, meetings as needed	Beth	(207) 924-7903	Mayo Regional Hospital, Education Center Dwelley Ave Dover-Foxcroft	Phone support, meetings as needed
Ellsworth	NAMI Combined	NAMI Ellsworth Peer and Family Support	Rema	(207) 479-6780	General Bryant E. Moore Community Center 125 State St, Ellsworth	Every Thursday 1:00 - 2:30 p.m.
Harrington	Phone	Phone support only	Lil Joanne	<i>For phone support call</i> (207) 255-4916 (207) 483-6040		
Houlton	Phone	NAMI Southern Aroostook Phone support only	Phil	<i>For phone support call</i> (207) 532-6000		
Lewiston	NAMI Peer	NAMI L/A (Lewiston/Auburn) Peer Support	Bill Dave	(207) 784-7167 (207) 344-2027	St. Mary's Hospital, 99 Campus Ave., Lewiston	Every Thursday noon - 1:30 p.m.
					Call to check on meeting room	
Livermore Falls	NAMI Peer	Western Maine NAMI Peer Support Group	Christine at NAMI office	(800) 464-5767	Western Maine Family Health Center 80 Main St, Central Plaza	1st & 3rd Tuesday of the month 6:30 - 8:00 p.m.
Machias	NAMI Family Phone	NAMI Washington County Family Support Phone Support	Lillian Joanne	(207) 255-4916 (207) 483-6040	Meetings can be arranged as needed.	
Machias	NAMI Peer Phone	NAMI Washington County Peer Support Phone Support only	Andy	(207) 249-8437		
Norway-S. Paris	NAMI Peer	NAMI Norway - South Paris Peer Support	Sidney Veronica	595-8566 461-8508	Oxford County Mental Health 17 Gary St. S. Paris	Every Wednesday 10:00 - 11:30 a.m.
Old Orchard Beach	NAMI Family	NAMI Old Orchard Beach Family Support	Vicky	(207) 650-9571	Ocean Park, 14 Temple Ave, OOB Jakeman Hall Conference Room	Every Thursday 7:00 - 8:30 p.m.
Portland	NAMI Family	NAMI Portland	Christine at NAMI Office-days Alyce	1-800-464-5767 (207) 899-0465	Dana Center at Maine Medical Parking/back side of hospital	2nd & 4th Monday of the month 7:00 - 9:00 p.m.
Portland	NAMI Family	NAMI Portland	Christine at NAMI Office-days Alyce	1-800-464-5767 (207) 899-0465	Spring Harbor Hospital Board Room	3rd Monday of the month 7:00 - 9:00 p.m.
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City	Type	Group	Contact	Phone	Meeting Location	Date/Time
Raymond	NAMI	Lake Region NAMI	Eileen	(207) 655-4193	Public Safety Building/Fire Barn	1st Monday of the month
	Combined				Rt. 302, west end of Main St. Raymond	7:00 - 8:30 p.m.
Rockport	NAMI				Pen Bay Medical Center	
	Combined	NAMI Coastal Area	Anne	(207) 594-2015	PARC Conference Room	4th Wednesday of the month 7:00 - 8:00 p.m.
Rumford	NAMI	NAMI Rumford	Dot	(207) 364-2197	Oxford County Mental Health Services	Last Wednesday of the month
	Combined		Marylena at OCMHS	(207) 364-3549	Meeting Room 150 Congress St., Rumford	3:00 p.m.
Sanford	NAMI	NAMI-Lights the Way-Sanford	Dick	(207) 703-0623	North Parish Congregational Church	1st & 3rd Thursday of the month
	Combined	a function of NAMI Sanford			Robie Educ. Bldg 2nd Floor 893 Main St., Sanford	6:30 - 8:30 p.m.
Sanford	NAMI	NAMI Sanford Peer Support	Herb	(207) 384-2592	North Parish Congregational Church	1st & 3rd Thursday of the month
	Peer	a function of NAMI Sanford			Robie Educ. Bldg 2nd Floor 893 Main St., Sanford	6:30 - 8:30 p.m.
Waterville	NAMI Family	NAMI Mid Maine	Diane	(207) 873-4105	Pleasant St. United Methodist Church	2nd Wednesday of the month
			Carole	(207) 873-4408	61 Pleasant St, Waterville	6:00 - 7:30 p.m.
Waterville	NAMI Peer	NAMI Mid Maine Social Club	Jeannette	(207) 873-1027	Waterville Social Club	STARTING FEBRUARY 23 Every Thursday
		Peer Support			32 Ticonic Street, Waterville	4:30 - 6:00 p.m.
York	NAMI	NAMI York	Kim	(207) 363-3429	Eliot United Methodist Church	2nd Tuesday of the month
	Combined		Sue	(207) 363-2458	238 Harold Dow Highway	6:30 - 8:30 p.m.
York	NAMI	NAMI York Connections	Sue	(207) 363-2458	Eliot United Methodist Church	Starting Soon
	Peer	Peer Support	Kim	(207) 363-3429	238 Harold Dow Highway	
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Additional Support						
Depression Bipolar Support Alliance Support Groups (DBSA)						
City	Type	Group	Contact	Phone	Meeting Location	Date/Time
Lewiston	DBSA Peer Depression Bipolar only	Lewiston DBSA	Bill	(207) 409-9096	St. Mary's Regional Medical Bank of America Room	Temporarily not meeting - call for info Every Tuesday 7:00 - 8:30 p.m.
Portland	DBSA Peer Depression Bipolar only	Portland DBSA	Jeffrey Ken	(207) 650-3248 (207) 899-0121	Dana Center at Maine Medical Parking/back side of hospital	Every Monday 7:00 - 9:00 p.m.
Portland	DBSA Peer Depression Bipolar only	Portland DBSA	Ken Jeffrey	(207) 899-0121 (207) 650-3248	Dana Center at Maine Medical Parking/back side of hospital	Every Wednesday 1:30 - 3:30 p.m.
Rockland	DBSA Peer Depression Bipolar only	Mid Coast DBSA	Heather	(207) 691-3599	First Universalist Church 345 Broadway, Rockland	Every Tuesday, 11:00 - 12:00 noon Every Thursday, 7:00 - 8:30 p.m.
Rockland	DBSA Peer Depression Bipolar only	Mid Coast DBSA	Heather	(207) 691-3599	FOR INPATIENT ONLY PARC Unit Pen Bay Medical Center	Every Saturday 10:00 - 11:30 a.m.
Belfast	DBSA Peer Depression Bipolar only	Mid Coast DBSA	Louise	(207) 322-8738	Volunteers of America Building 33 Booth Dr. near intersection of Route 1 and Congress Street	Every Tuesday, 7:00 - 8:00 p.m.
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