

## Support Groups | Mental Health | Family & Friends

Available 24/7

No

Other Eligibility Criteria

Family and adult friends of individuals living with a mental illness.

Family

No

Intake Contact

General

Intake Process

Call the office for more information.

Provider Refer

Yes

Self Refer

Yes

National Alliance on Mental Illness Central Virginia (NAMI CVA)

<http://www.namicentralvirginia.org/FSG.html>

<https://www.facebook.com/namicva>

<https://twitter.com/namicva>

Main

(804) 285-1749

Toll-Free

(888) 486-8264

1904 Byrd Avenue

Suite 103

23230 VA

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: 9:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

## Additional Availability Comments

### Fee Structure

No Fee

### Languages Spoken

English

NAMI Family Support Groups offer support and resources to family members and friends of individuals living with mental illness. Free, bi-monthly support groups are offered for friends and family of a loved one living with mental illness. The groups are facilitated by trained family member peers. Groups are confidential and anonymous.

Family to Family is a free, 12 week learning and support program for family members and friends who wish to learn more about the mental illnesses that affect their loved ones. The program is facilitated by trained NAMI family members who have relatives with mental illness.

NAMI Family Support Groups are open to the community. Contact the group facilitator of the group you are interested in (listed below) to confirm the meeting before you attend for the first time.

### Southside:

Meets: 2nd and 4th Monday of every month, 6:30 pm

Location: Chesterfield Mental health, 6801 Lucy Corr Blvd. 23832

Contact: To-Shera Friend-Kimble at 804-715-5028

### Henrico/Northside (Not NAMI sponsored)

Meets: Every Wednesday of each month, 6:30 pm (except 2nd Wednesday of the

month)

Location: Lakeside House, 5623 Lakeside

Contact: Betty Miller at 804-236-8752

Hanover (Not NAMI sponsored)

Meets: The 2nd Tuesday, every other month

Location: 12300 Washington Hwy (Route 1), Ashland

Contact: Sandy Roll at 804-752-2412 or Renee Sands at 804-365-4222

Service Area(s)

Chesterfield County

,

Colonial Heights City

,

Dinwiddie County

,

Goochland County

,

Hanover County

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Henrico County

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Hopewell City

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New Kent County

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Petersburg City

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Powhatan County

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Prince George County

,

Richmond City

Email

[info@namicentralvirginia.org](mailto:info@namicentralvirginia.org)