



**nami**

San  
Fernando  
Valley

National Alliance on Mental Illness

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

## NAMI SFV SUPPORT GROUPS

NAMI SFV Support groups are always free and open to the public. Attend any meeting, any time, for support and answers to important questions regarding you and your loved one with mental illness. Locations throughout the San Fernando and Santa Clarita Valleys.

### VAN NUYS

**SFV Community Mental Health Inc. Center for Family Living,  
14545 Sherman Circle, Van Nuys 91405**

(1 block west of Van Nuys Blvd., 1/2 block south of Sherman Way)

**1st Wed. 7:00 p.m. to 8:30 p.m.**

*Special Support Group* for spouses, brothers, sisters and adult children of people with mental illness.

**2nd & 4th Wed. 7:00 p.m. to 8:45 p.m.**

*Support Group* for all family members and friends of people with mental illness. All relationships welcome.

**Weds. evenings at 6pm**

**Project Return** Support and Recovery group for Mental Health Consumers  
Project Return Friendship Line 888-488-9777

**EXPERT SPEAKER MEETING 3rd Wed. of each month 6:45 p.m. to 8:45 p.m.**

*Expert Speaker Meeting* open to all. Join us for refreshments, networking/social and informative speakers who answer your questions on important topics related to mental health.

**SFV Community Mental Health Inc. Center for Family Living, 14545 Sherman Circle, Van Nuys 91405**

### RESEDA / Northridge

**Northridge Hospital Medical Center 18300 Roscoe Blvd., Northridge 91325**

(In the Mental Health Institute, Carol Pump Building. Park on Etiwanda)

**1st and 3rd Thurs. 7:00 p.m. to 8:45 p.m.**

*Support Group* for all family members and friends of people with mental illness.

**3rd Tues. 7:00 p.m. to 8:30 p.m.**

*Special Support Group* for spouses, brothers, sisters, adult children of people with mental illness.

**1st Mon. of each month 7:00 p.m. to 8:45 p.m. ( Starts March 05, 2012 )**

*Support Group* for all family / friends of people w mental illness, and those who have completed NAMI Family to Family classes. (Penthouse, Carol Pump Building)

**3rd Tues. 7:00 p.m. to 8:30 p.m.**

**DBSA ( Depression, Bipolar Support Alliance )** peer to peer support group.

Each Wednesday and Friday 7:00pm-9:00pm.

### WEST HILLS

**West Valley Christian School, 22450 Sherman Way, West Hills 91307**

(West of Shoup, enter west driveway to rear of parking lot)

**2nd and 4th Mon. 7:00 p.m. to 9:00 p.m.**

*Support Group* for all family members and friends of people with mental illness.

### SANTA CLARITA

**Santa Clarita Mental Health Clinic, 23501 Cinema Drive, Santa Clarita 91355**

**1st & 3rd Tues. 6:30 p.m. to 8:00 p.m.**

*Support Group* for all family members and friends of people with mental illness.

**Para informacion en espanol: (818) 994-6747 [spanish@namisfv.org](mailto:spanish@namisfv.org)**

Marque el simbolo de numero. Despues del tono, diga su nombre y un numero de telefono donde podamos localizarlo durante el dia. Alguien que habla espanol lo llamara en cuarenta y ocho horas.

**Contact us 818-994-6747 / [mail@namisfv.org](mailto:mail@namisfv.org) / [Spanish@namisfv.org](mailto:Spanish@namisfv.org) or visit us online at  
[www.namisfv.org](http://www.namisfv.org)**

**NAMI SFV Serving San Fernando and Santa Clarita Valleys**