

Family Support Groups

FOR FAMILIES and FRIENDS WHO HAVE A LOVED ONE WITH MENTAL ILLNESS

Nightlights Family Support Group, an Open Group specific to mental illness
St. Phillips Catholic Church, Kateri Room
702 Beltrami Avenue, Bemidji
Meets at 7:00 pm, usually the last Monday of the month
For more information, call 218-444-4262

REACH Family Support Group, an Open Group specific to mental illness
Hope House, 2014 7th Street SE, Bemidji
Meets 7:00 pm – 8:30 pm on the 3rd Tuesday of the month
For more information and to talk with someone about mental illness. call 218-444-6748

NAMI Online Family Support Group, an open group, but must register

1. Visit: www.supportgroupscentral.com/nami-mn
2. Click on the blue tab that says “Not a Member? Create you member account now!”
3. Make an account
4. Click on NAMI Minnesota at the top of the page
5. Find the support group you’d like to attend and click the “Register” button.
6. 1st Tuesday, 7-8:30 pm. Contact Marilyn at mdornfeld@namimn.org

LOSS OF SOMEONE IN THE FAMILY

DivorceShare, An Open Group for those who have divorced or in the process of getting divorced
Meets Thursdays from 6:30 pm – 8:30 pm
Meets at Calvary Lutheran Church, 2508 Washington Avenue SE, Bemidji
One time fee of \$20 to purchase accompanying workbook
Call Chip Holt at 651-353-0029 (preferred contact number) or 218-444-7751 for more information

GriefShare, An Open Group for those who have lost a friend or family member
Meets Tuesdays from 5:15 pm – 7:15 pm
Meets at Calvary Lutheran Church, 2508 Washington Avenue SE, Bemidji
One time fee of \$20 to purchase accompanying workbook
Call Chip Holt at 651-353-0029 (preferred contact number) or 218-444-7751 for more information

LIVED EXPERIENCE SUPPORT GROUP

Living Hope Support Group, for adults struggling with depression, Faith based, peer led, open to the public
Meets the 2nd & 4th Thursday of each month, 6:30-8:30 pm
Meet at Bemidji First Assembly Church, 1015 4th St. SE, Bemidji
Contact: Valeries@MentalHealthUSA.org

Open group: Anyone can attend without prior approval of the group leader
Closed group: Please contact the contact person for further sign up information