

NAMI Kentucky Virtual Support Groups Revised August 20, 2022

NAMI KY continues to offer virtual support groups during the COVID-19 epidemic. Currently, the following affiliates are offering virtual support groups for Connection and Family Support Group. This list contains those affiliates that are using a virtual software whereby they must be contacted to access the support group. We have listed contact names, phone numbers and email addresses. If you have any questions, contact Melonyat NAMI Kentucky mcunningham@namiky.org or 859-550-6628.

All the NAMI Connection and Family Support Group Meetings are open to the public. Members and non-members are permitted to attend meetings offered by other affiliates for time and day or days of the week convenience. There is no limit on frequency of attending support groups. We offer two support groups. Read below to see which one is the best fit for you.

Family Support Groups (FSG) offer a non-judgmental and confidential setting where family members share experiences, learn from listening to others, and have support and understanding. Groups are led by trained family members.

Connection Support Group is recovery support groups for adults and mental illness, regardless of their diagnoses. Trained individuals in recovery who understand the challenges others face with mental illness lead Connection groups.

NAMI Louisville: Family Support Group, meets the 3rd Thursday of every month at 7 PM/ via Zoom. Contact Facilitators to obtain the ZOOM link: DK Sharma (502-500-3841) or dksharma9814@gmail.com.

FB Link: <https://www.facebook.com/events/2954796898092070/>

NAMI Louisville: Young Adults Connection Group, Every 2nd Tuesday of the month at 5:00PM, EST, this group meets. Facilitators are Briceson Jones (briceson.jones@namilouisville.org) & Nick Alexander (nca12@my.fsu.edu) Click here to join the meeting: (Click Here to Join Meeting) Meeting ID: 755 7979 2658, Password: NAMI

FB link: <https://www.facebook.com/events/585004305973834/>

NAMI Louisville: Connection Support Group, Jennifer Jarret (502-648-1564 or jennkwando@gmail.com) or Judith Gaddie (502-450-0413 or 2900atsf@gmail.com), the Connection Facilitators. This Connection support group meets every Monday at 6:00pm and every Thursday at 12 noon. Contact Jennifer or Judith for an invitation to join either of these support group meetings.

FB Link: <https://www.facebook.com/events/347455147119401>

FB Link: <https://www.facebook.com/events/553349565924801>

NAMI Louisville: Connection Support Group-This group meets every Thursday from 5pm to 6pm, EST, on ZOOM. Contact facilitators Chastity and Dante Murry for the ZOOM link at: Dante dante.murry@gmail.com (502-365-7830) & Chastity chastityj344@gmail.com (270-307-6327)

FB Link: <https://www.facebook.com/events/276544357806625/>

NAMI Louisville: Family Support Group-This group meets every Monday from 6pm to 7pm, EST, on ZOOM. Contact the facilitators Dante and Chastity Murry for the ZOOM link at: **dante.murry@gmail.com** (502-365-7830) & **chastityj344@gmail.com** (270-307-6327).

FB Link: <https://www.facebook.com/events/1065140144238993/>

NAMI Mountain Region, Wolfe, & Hazard: Connection Support Group, meets the 2nd and 4th Thursdays 10 - 11:30 AM EST on Webex. Contact Mary Prater, (606-253-8039 or **mary.prater@mtcomp.org**) or Marcia (**marcia.morgan@mtcomp.org**) for a meeting invitation at the above contact information. NAMI Mountain is covering also NAMI Wolfe County and NAMI Hazard as well. We welcome those members to attend this virtual Connection support group.

FB: <https://www.facebook.com/events/291866289192352/>

NAMI Mountain Region, Wolfe & NAMI Hazard: Family Support Group, meets the 3rd Monday of every month from 5PM to 6PM, EST via Webex. Contact Mary Prater (606-253-8039 or **mary.prater@mtcomp.org**) or Marcia Morgan (**Marcia.Morgan@Mtcomp.org**) for access to this support group meeting. NAMI Mountain is covering also NAMI Wolfe County and NAMI Hazard as well. We welcome those members to attend this Family Support group support group.

FB: <https://www.facebook.com/events/236545278491830>

NAMI Murray and Paducah: Family Support Group, meets the 3rd Thursday of every month from 6:30PM - 7:45 PM CDT via Zoom. Contact the FSG Facilitator, Brenda to obtain the ZOOM link at: (270-748-6133). NAMI Murray is covered by Brenda Benson. NAMI Paducah is covered by Jana Wilson. Contact Brenda only for the ZOOM link. The other facilitators may be contacted for affiliate information.

Brenda Benson 270-748-6133 or **brenda.benson@murraystate.edu** (NAMI Murray)

Jim Benson (NAMI Murray)

Janice Morgan 606-356-2676 or **janice1613@att.net** (NAMI Murray)

Jana Wilson **jwilson@namiky.org** (NAMI Paducah)

FB: <https://www.facebook.com/events/207547638112418>

NAMI Lexington-Family Support Group meets the first Monday of the month from 7:00 pm – 8:30 pm, EST. Contact Tracy to obtain the ZOOM link at: **tracynamilex@gmail.com** or call Tracy at 859-272-7891.

FB: <https://www.facebook.com/events/351358952598199/>

NAMI Lexington: Family Support Group meets the second Tuesday of the month from 6:30 pm – 8:00 pm. To receive the link for this virtual support group, contact Tracy Jacobson at: **tracynamilex@gmail.com** or call 859-272-7891.

FB: <https://www.facebook.com/events/1066799940444501/>

NAMI Lexington: Connection Support Group meets virtually every Sunday at 2:30PM. To attend this support group, please connect with Valerie Mudd at valeriemudd@gmail.com or go to the following link: www.namilexington.org/tracks or call Valerie at 859-272-7891.

FB: <https://www.facebook.com/events/660397727882766/>

NAMI Lexington: Anxiety Workshop meets virtually every Saturday at 10:00AM. To attend this support group, please connect with Valerie Mudd at valeriemudd@gmail.com or go to the following link: www.namilexington.org/tracks or call Valerie at 859-272-7891.

FB: <https://www.facebook.com/events/2777303519208883/>

NAMI Lexington: Young People's Connection Support Group: This is a group for those as young as 18 to mid-30's. This group is facilitated by Tracy of NAMI Lexington, and it meets virtually the third Thursday of the month from 6:30 pm -7:30 pm. To access this support group meeting, email Tracy at tracynamilex@gmail.com or call 859-272-7891. She will put you on the listserv to receive monthly group reminders.

FB:

NAMI NKY (Northern KY): Connection Support Group, meets every Thursday from 11:00AM to 12:00 NOON PM EDT virtually and at the Carriage House at Lakeside Presbyterian Church together. The address for the church is 2690 Dixie Hwy, Lakeside Park, KY 41017. The support group is held in the nursery and the affiliate asks that you enter via the pre-school entrance on Marian Drive. To obtain access virtually, contact Dorothy at dbest1954@yahoo.com or via phone at 513-205-4118 or Susan at 859-308-9212 or via email: sblfaris@fuse.net or Michelle McMullen at michelle@naminky.org or call 812-446-1550.

FB: <https://www.facebook.com/events/231903635651887>

NAMI NKY (Northern KY): Family Support Group meets the 1st and 3rd Tuesday of the month virtually and also at the Carriage House at the Lakeside Presbyterian Church, 2690 Dixie Hwy, Lakeside Park, Ky 41017. They are offering a hybrid model and all COVID 19 and Variant precautions are in place. The meeting takes place in the nursery at the church, and they ask that you enter at the Pre-School entrance on Marian Drive. The times are from 7:00PM - 8:30 PM EDT. To obtain access virtually or if there are questions about NAMI NKY, contact Dorothy at dbest1954@yahoo.com or via phone at 513-205-4118 or Susan at 859-308-9212 or via email: sblfaris@fuse.net or Michelle McMullen at michelle@naminky.org or call 812-446-1550.

FB: <https://www.facebook.com/events/1004023087053405/>

NAMI NKY(NorthernKentucky) FOCAS Support Group (Families of Children & Adolescents with Mental Illness) is hosted every 1st and 3rd Tuesday of the month via ZOOM and in-person at the

Carriage House at the Lakeside Presbyterian Church, 2690 Dixie Hwy, Lakeside Park, Ky 41017. They are offering a hybrid model and all COVID 19 and Variant precautions are in place. The meeting takes place in the nursery at the church, and they ask that you enter at the Pre-School entrance on Marian Drive. The times are from 7:00PM - 8:30 PM EDT. To access this support group, contact Dorothy Best at dbest1954@yahoo.com or call 513-205-4118 or Michelle McMullen at michelle@naminky.org or call 812-446-1550. This group is for family members of children and adolescents with mental illness. Meet other Caregivers/Family Members/Friends going through the same struggles/issues of caring for someone with mental illness. Share stories, help one another, give advice/information on help, be a support system for one another.

FB: <https://www.facebook.com/events/252258710155419>

The following support groups utilize the NAMI Kentucky Conference line or Microsoft Teams. For the Microsoft Teams access, one will have to contact the facilitator via email or telephone. We have one affiliate that is hosting face to face support group meetings. Please abide by COVID 19 regulations. All of the NAMI Connection and Family Support Group Meetings are open to the public. Members and non-members are permitted to attend meetings offered by other affiliates for time and day or days of the week convenience. Revised June 17, 2022.

NAMI Mayfield, Paducah, & Murray- Connection Support Group, Facilitator: Nicole Champion 270-205-9848 or nchampion@namiky.org or nicolerchampion@gmail.com or Susan Traeger, 270-970-2480 or susantraeger68@gmail.com) This support group will be hosted the first Tuesday of the month from 6:00pm to 7:00pm, Central Standard Time. The support group is hosted via Microsoft Teams. To access the link, contact Nicole at 270-205-9848 or email: nicolerchampion@gmail.com or nchampion@namiky.org. NAMI Mayfield is covering NAMI Paducah, & NAMI Murray for Connection Support Group. All members of these affiliates are welcomed to attend.

FB Link: <https://www.facebook.com/events/409676303997385>

NAMI Winchester, NAMI Heartland & NAMI Owensboro- Family Support Group, Facilitator: Brenda Harrington (859-229-6843 or bebe1@bellsouth.net) This group meets virtually the first and third Mondays from 7:00PM to 8:00PM, EST. To join the support group, call 888-537-7715, access code: 37043982#. NAMI Winchester is covering NAMI Heartland (E-town & Bardstown) and NAMI Owensboro for FSG support. All members of NAMI Heartland and Owensboro are welcomed to attend this FSG meeting with NAMI Winchester.

FB Link: <https://www.facebook.com/events/382106836900800/>

NAMI Morehead & TRISTATE (Ashland) – Family Support Group, Facilitator: Carol Mauriello (606-548-4513 or camauriello@moreheadstate.edu) This support group will meet at the Rowan County Library starting August 10th, 2021 from 5:30PM to 7:00PM in person. FSG will meet the 2nd and 4th Tuesdays of every month. To join the support group telephonically, call 888-537-7715, access code: 37043982#. NAMI Morehead is covering NAMI TRISTATE (Ashland) for FSG support as well. All members of TRISTATE are welcomed to attend this meeting.

FB Link: <https://www.facebook.com/events/383789623410653/>

NAMI Green River, Somerset, Cumberland River (Mt. Vernon), London, Southeastern, Jackson, NAMI On Campus: E.K.U & U.K. Connection Support Group, Facilitators: Steven Hoeck (steven.hoeck@yahoo.com or 606-282-3793 & Daniel Essek (daniel.essek@outlook.com or danessek@gmail.com or 606-545-2019). This Connection support group meets every Tuesday from 7pm to 8:15pm, E.S.T. To join the support group, contact Daniel or Steven to obtain access. NAMI Somerset and Southeastern cover NAMI Jackson County, Cumberland River, Green River, London and both of our NAMI On Campus. All members of these affiliates are welcome to attend this Connection support group.

FB Link: <https://www.facebook.com/events/745041269410231/>

NAMI Maysville Buffalo Trace-Family Support Group, Facilitators: Sharon Darnell (sharon@namibuffalotrace.org or call 606-584-2716) This FSG meets virtually once a month the 2nd Tuesday from 6:00PM to 7:00PM, EST. This group is hosted via the conference line. To attend this meeting, one can call 888-537-7715 Access Code: 37043982#.

FB Link: <https://www.facebook.com/events/1012057596256465/>

NAMI Madison County-covering Danville, Scott County, Somerset, Cumberland River, Green River, London, Southeastern, Pike County, Hopkinsville, Madisonville & West Kentucky (Dixon)-Family Support Group, Facilitators: Margaret Suters (mtsuters@gmail.com or 859-582-2613) & Rob Milde (859-893-5279 or rob.milde@gmail.com) This group meets the 2nd and 4th Tuesdays from 7pm to 8:30pm virtually via ZOOM. To access this Family Support group, contact Margaret or Rob for an invitation. NAMI Madison County is covering NAMI Danville, NAMI Scott County, NAMI Somerset, NAMI Cumberland River, NAMI Green River, NAMI London, NAMI Southeastern, NAMI Pike County, Madisonville, Hopkinsville, and West Kentucky. Members from all of these affiliates are welcomed to attend this FSG meeting.

FB Link: <https://www.facebook.com/events/280213693766552/>

NAMI Madison County (Richmond & Berea), Danville & Scott County-Connection Support Group. Facilitator: Suzanne Fryman. This Connection support group is offered the 2nd and 4th Thursday of every month virtually from 7:00PM to 8:00PM, EST. This group is hosted virtually via Microsoft Teams. A facilitator represents Danville, Madison, and Scott Counties). To receive an invitation to attend this meeting, contact one of the three facilitators: Suzanne Fryman (859-221-6879 or email: suzanne0632@att.net or suzanne.fryman@namiky.org

FB Link: <https://www.facebook.com/events/3468059946645025/>

NAMI Butler County, NAMI Pike County, West Kentucky (Dixon), Madisonville, & Hopkinsville- Connection Support Group. Facilitators: Rebecca Coursey (bowlinggreennami@gmail.com or (270) 772-2779) or Christy Havens (chavens4295@gmail.com or 270-999-0633) or Patty Fields (patty.fields@yahoo.com or 606-422-2877). This group is hosted via ZOOM the 1st and 3rd Tuesday of the month from 7:00PM to 8:00PM, Central Standard Time. Contact Rebecca or Christy to obtain an invitation to the support group or to learn more about NAMI Butler

County. NAMI Butler County is covering NAMI Pike County, West Kentucky (Dixon), Madisonville and Hopkinsville. All members from these affiliates are welcome to attend this Connection Support Group.

FB Link: <https://www.facebook.com/events/1034054497353711>

NAMI Bowling Green (virtual)- Connection Support Group. Facilitators: Rebecca Coursey (bowlinggreennami@gmail.com or 270-883-0036) or Dr. Jay Gabbard at (samoansw@hotmail.com). This group meets the 1st and 3rd Thursday of every month from 6:00PM to 7:00PM, CST virtually. Email Rebecca or Dr. Jay to obtain the virtual link or call-in number.

FB Link: <https://www.facebook.com/events/997782427669726/>

NAMI Bowling Green (in-person)- Connection Support Group “In Person”. Facilitators: Rebecca Coursey (bowlinggreennami@gmail.com or 270-883-0036) or Dr. Jay Gabbard at (samoansw@hotmail.com). This group meets in person every Tuesday of every month at 2:00 pm, C.S.T. This group meets at the Wellness Connection Building located at 428 Center Street, Bowling Green, Kentucky 42101. The support group will follow the guidelines set for protection of the COVID 19 and its variants set by the C.D.C. for group settings.

FB: <https://www.facebook.com/events/1313604795764477/>

W.K.U. NAMI on Campus -Connection Support Group-NAMI Bowling Green will host a Connection Support Group Meeting for W.K.U. students only on the following days: 8/29, 9/12, 9/26,10/10,10/24,11/7, &11/21, in person, at the Academic Complex, in Room 201. The meetings are from 6:00PM to 7:30PM, C.S.T. For more information, call Dr. Gabbard at 270-745-8749 or email him at: jay.gabbard@wku.edu.

FB: <https://www.facebook.com/events/1076041916618918/1076043763285400/>