

NAMI Kentucky Virtual Support Groups Revised March 14, 2023

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 virtual software whereby they must be contacted to access the support groups. We have listed contact names, phone numbers, and email addresses. If you have any questions, contact NAMI Kentucky at 859-550-6628 or Melony mcunningham@namiky.org or Rhonda at Rhonda.Blandford@namiky.org.

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 the 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 a recovery support group 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. Facilitators: DK Sharma (502-500-3841) or dksharma9814@gmail.com. Zoom Link: <https://tinyurl.com/yf6b5nya> Meeting ID: 877 730 721 Password: 4LwgZ6

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

NAMI Louisville: Family Support Group - This group meets every Monday at 6 pm, EST, on ZOOM. Zoom Link: <https://tinyurl.com/m77hvund> Meeting ID: 766 6777 4054 Password: 8PpgWq
Facilitators Dante and Chastity Murry: dante.murry@gmail.com (502-365-7830) & chastityj344@gmail.com (270-307-6327).

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

NAMI Louisville: (In-Person) Parents of School-Aged Children Support Group – This group meets in person Every 2nd & 4th Sunday, 7:00pm-8:15pm at “Parish Life Center” - St. Albert – 1395 Girard Drive, Louisville, KY (Near Westport Rd & Herr Lane) (EMAIL to RSVP)
Facilitators: [Blair - blair.mcbride.ky@gmail.com](mailto:Blair-blair.mcbride.ky@gmail.com) & [Gretchen - gllm3112@twc.com](mailto:Gretchen-gllm3112@twc.com)

FB Link: N/A

NAMI Louisville: (In-Person) Parents of School-Aged Children Support Group – This group meets in person every 3rd Saturday, 10:00am to 11:30am at LaGrange Baptist Church , 1139 commerce parkway (follow the signs inside the building) (Walk-Ins Accepted)

Facilitators: [Charles](#): 502-751-0115, Karen: 502-939-8261, & Jeff: 502-939-8257

FB Link: N/A

NAMI Louisville: (Virtual) Young Adults Connection Group, Meets Every 2nd Tuesday of the month at 7:00pm-8:30pm, EST on Zoom. Zoom Link: <https://tinyurl.com/5n93dh8x> Meeting ID: 755 7979 2658
Password: NAMI
Facilitator Briceson Jones, briceson.jones@namilouisville.org

FB Link: N/A

NAMI Louisville: Teen Support Group, (Virtual) This group meets every Wednesday on Zoom at 7:00pm.
Zoom Link: <https://tinyurl.com/54hswyma> Facilitator: Nada Kaissieh (nada.kaissieh@namilouisville.org)

FB Link: N/A

NAMI Louisville: (In-Person) Connection Support Group, Meets Every Thursday, 12:00pm, Seven Counties Services Building, 4710 Champions Trace Ln.
Facilitator: [Jennifer Jarret](#), 502-648-1564

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

NAMI Louisville: (Virtual) Connection Support Group, Meets Every Monday at 6:00 pm via Zoom Link: <https://tinyurl.com/2s3rtcm8> Facilitator: Jennifer Jarret, 502-648-1564 or jennkwando@gmail.com

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

NAMI Louisville: (Virtual) Connection Support Group, This group Meets Every 1st, 2nd & 4th Thursday at 7:00 pm, EST, on ZOOM Link: <https://tinyurl.com/ky929b4e> Meeting ID: 897 4976 9567 Password: NAMI
Facilitators: Chastity Murry: 270-307-6327 or chastityj344@gmail.com and Dante Murry: 502-365-7830 or dante.murry@gmail.com

FB Link: N/A

NAMI Louisville: (Virtual) Connection Support Group, This group Meets Every Thursday at 6:00PM via Phone or Facebook Messenger Chat/Call. For more info contact Facilitators: Chastity Murry: 270-307-6327 or chastityj344@gmail.com and Dante Murry: 502-365-7830 or dante.murry@gmail.com

FB Link: N/A

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 also covering NAMI Wolfe County and NAMI Hazard

as well. We welcome those members to attend this virtual Connection support group.

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

NAMI Mountain Region, Wolfe & NAMI Hazard: Family Support Group, meets the 3rd Monday of every month from 5 PM to 6 PM, 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 also covering NAMI Wolfe County and NAMI Hazard as well. We welcome those members to attend this Family Support group.

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

NAMI Murray: Family Support Group, meets the 3rd Thursday of every month from 6:30 PM - 7:45 PM CST In-Person at Murray-Calloway Hospital Wellness Center, 716 Poplar Street, Murray, KY ON-LINE via ZOOM at the same time. Contact the FSG Facilitator, Brenda to obtain the ZOOM link at: (270-748-6133) 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)

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

NAMI Lexington: *Virtual* Family Support Group meets the first Monday of each month from 7:00 pm – 8:30 pm, EST. ZOOM link: <https://tinyurl.com/2s3mz734> Questions? Contact Tracy: 859-272-7891 or tracynamilex@gmail.com

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

NAMI Lexington: *In person* Family Support Group meets in person on the second Tuesday of each month from 6:30 pm - 8:00 pm, at Centenary Church, located at 2800 Tates Creek Road. Enter on the left side of the building at entrance B under the administration sign, proceed through the second set of doors, take a right, and meet in the hospitality room on the left. If you have difficulty finding the room please phone 859-536-8278.

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

NAMI Lexington: Young Adult Group (18-35): 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 Tuesday 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 Link: N/A

NAMI NKY (Northern KY): Connection Support Group, meets every Thursday from 11:00 AM 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 ask that you enter via the preschool 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 Link: <https://www.facebook.com/events/231903635651887>

NAMI NKY (Northern KY): Family Support Group meets the 1st and 3rd Tuesday of the month virtually and 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 Preschool entrance on Marian Drive. The times are from 7:00 PM - 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 Link: <https://www.facebook.com/events/1004023087053405/>

NAMI NKY (Northern Kentucky) 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 Dororthy 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 Link: <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 October 26, 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 on the first Tuesday of the month from 6:00 pm to 7:00 pm, 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 welcome to attend.

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

NAMI Winchester, NAMI Heartland & NAMI Owensboro- Family Support Group, Facilitator: Brenda Harrington (859-556-0670 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 welcome 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 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)- This group meets virtually over zoom twice a month on the first and third Thursday. It begins at 6 PM CST. Facilitators are Rebecca Coursey and Christopher Siaens. To register, please email bowlinggreennami@gmail.com or call 270-883-0036. For more information, please visit www.bowlinggreennami.org

FB Link: N/A

NAMI Bowling Green (in-person)- Connection Support Group "In Person". This group meets face to face in person the 1st and 3rd Tuesday of every month from 6:00 PM CST to 7:00 PM, CST. This meeting is hosted at the NAMI Bowling Green Wellness Connection Center located at 428 Center Street, Bowling Green, Kentucky 42101. Please email bowlinggreennami@gmail.com or call 270-893-0036 to register. For more information go to www.bowlinggreennami.org.

FB: N/A

Western Kentucky University - NAMI on Campus (in-person) - NAMI at Western Kentucky University: An in-person support group is available for any students at Western Kentucky University. These groups will be on Mondays twice a month from 6 PM CST to 7 PM CST. Any student can attend regardless of academic status. The groups are held in Room 201 of the Academic Complex. To register please email jay.gabbard@wku.edu or bowlinggreennami@gmail.com Or you can call 270-883-0036. Dates of the groups are listed on www.bowlinggreennami.org

FB: N/A

NAMI Wolfe County-Virtual & In-Person Family Support Group. NAMI Wolfe County will host their first FSG on Tuesday, September 27th, 2022, from 6:30PM to 8:00PM, E.S.T. at the Catholic Church of the Good Shepherd. After the first meeting, the group will decide what day and time of the month they will host their meetings moving forward. This support group meeting will be a hybrid meeting. For those who need to attend virtually, email or call Kirsten for the link at: kirstenthorstad@gmail.com or 909-214-8227. The church address is 532 Main Street, Campton, Kentucky 41301.

FB: <https://www.facebook.com/events/622770046076578>