



NAMI | Montgomery County PA

100 W. Main Street Suite 204
Lansdale, PA 19446
215.361.7784

Support Group Schedule

Family Support Groups (FSG) – a support group for family members, friends, and caretakers of adults who live with mental illness

Connection Peer Support Groups (CSG) – a peer run support group for individuals living with mental conditions.

Mondays

FSG - 1st Monday of each month at 7 PM

Lower Providence Presbyterian Church
3050 Ridge Pike Norristown, PA 19403

CSG - 1st Monday of each month at 6:00 PM

William Jeanes Memorial Library
4051 Joshua Rd. Lafayette Hill, PA 19444

Tuesdays

FSG - 1st Tuesday of each month at 6:30 PM via Zoom – On Pause until Fall 2026

CSG - Every Tuesday at 7 PM via Zoom

Wednesdays

FSG - 1st and 3rd Wednesday of each month at 9:30 AM via Zoom

CSG - OCD Connection Peer Support Group

1st and 3rd Wednesdays of the month at 7 PM via Zoom

CSG - Connection Peer Support Group for Black & Brown Women living with Anxiety & Depression

1st and 3rd Wednesdays of the month at 7 PM via Zoom



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CSG - Dual Diagnosis Connection Peer Support Group

1st and 3rd Wednesday of the month at 6:30 PM via Zoom

CSG - Veterans Connection Peer Support Group

1st and 3rd Wednesday of the month at 7:30 PM via Zoom

Thursdays

FSG - 2nd Thursday of each month at 7:30 PM via Zoom

FSG - Psychosis Caregivers Support Network

1st and 3rd Thursdays of the month at 6:30 PM via Zoom

Fridays

Currently, no NAMI Montgomery County PA Support Groups run on Fridays.

Saturdays

CSG - 1st and 3rd Saturdays of the month at 10 AM via Zoom

CSG - 2nd and 4th Saturdays of the month at 10 AM via Zoom
(geared towards adults 55+ but all are welcome)

Sundays

CSG - LGBTQIA+ Connection Peer Support Group

3rd Sunday of the month at 1 PM via Zoom

To Register:

Register at www.namimontcopa.org/support-and-education/support-groups/support-group-registration/ or using the QR Code below.

