



**November 2025 SUPPORT GROUP SCHEDULE**  
*All Rochester Group Attendees Must Register Online or E-Mail [tenin@namiroc.org](mailto:tenin@namiroc.org).*



**NAMI Family Support Group** is a support group for family members, significant others, and friends of people with mental health conditions.

**Tuesday, November 4<sup>th</sup>: 12:00pm-1:30pm in person at NAMI Roc**  
**Wednesday, November 12<sup>th</sup>: 1pm-2:30pm via ZOOM**

**\*\* NEW\*\* Family Support Group OPTIONS via ZOOM for Tuesday, November 18<sup>th</sup>:**

<p><i>Contact NAMI Mid-Hudson 6:30-8:30 pm</i>          Email: <a href="mailto:contact@namimidhudson.org">contact@namimidhudson.org</a>          Phone (845)206-9892</p>	<p><i>Contact NAMI Rockland 7 pm-8:30pm</i>          Email: <a href="mailto:Barbara@namirockland.org">Barbara@namirockland.org</a>          Phone : (845)359-8784</p>
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**Tuesday, November 25<sup>th</sup>: 6pm-7:30pm in person at The Henrietta Library**



**NAMI Connection Recovery Support Group** is a support group for people with mental health conditions.

**PLEASE NOTE: Social time before and after the Connection Support Group has changed to 15 minutes before and after the regular meeting.**

**Monday, November 3<sup>rd</sup>: 6:15 pm-8:15 pm via ZOOM**  
**Wednesday, November 12<sup>th</sup>: 6:15 pm-8:15 pm in person at NAMI Roc**  
**Monday, November 17<sup>th</sup>: 6:15 pm-8:15 pm via ZOOM**  
**Monday, November 24<sup>th</sup>: 6:15 pm-8:15 pm in person at NAMI Roc**

**Suicide Bereavement Support Group**

**Suicide Bereavement Support Group** for those who have lost loved ones to suicide. One of the meetings is a hybrid (virtual and in-person).

**Monday, November 3<sup>rd</sup> : 6:30pm-8pm in person at NAMI Roc**  
**Monday, November 17<sup>th</sup>: 6:30pm-8pm in person at NAMI Roc**

**LGBTQ+ Support Group**

**LGBTQ+ Support Group** provides a safe place for LGBTQ+ community members to gain support.

**Monday, November 10<sup>th</sup>: 12:00pm-1:00pm in person at NAMI Roc** (light lunch provided; RSVP by 10/7)

**OARS 4 FAMI Support Group**

**OARS 4 FAMI Support Group** is an educational support program with a variety of community speakers for family members effected by mental illness. (RSVP by emailing [psine4460@gmail.com](mailto:psine4460@gmail.com))

**Tuesday, November 11<sup>th</sup>: 10:00 am – 12:00 pm in person at The Henrietta Library**