



NAMI Connection

Support Groups in Maryland

(updated as of 12/20/2016)

NAMI Connection is a free weekly recovery support group for people living with mental illness in which people learn from each other's experiences, share coping strategies, and offer each other encouragement and understanding.

To find your nearest NAMI Connection group see below:

Arnold

1. **Date:** Every Sunday
Time: 6:00 PM
Location: Gloria Dei Lutheran Church
461 College Parkway, Arnold, MD 21202

***For more information contact NAMI Anne Arundel County at
ConnectionsNAMIAAC@gmail.com**

Baltimore

1. **Date:** Every Saturday
Time: 10:30 AM – 12:00 PM
Location: NAMI Metropolitan Baltimore Office
6600 York Road, Suite 204, Baltimore, MD 21212
2. **Date:** Every Saturday
Time: 10:30 AM- 12:00PM
Location: Clay Pots
1635 W. Pratt Street, Baltimore, MD

(this group is geared towards individuals w/ co-occurring disorders but also welcoming to those without substance use disorders)

3. **Date:** Every Tuesday
Time: 7:00am-8:30am
Location: Baltimore Crisis Response
5124 Greenwich Avenue, Baltimore, MD
(this is a closed group for patients at BCRI only)

***For more information contact NAMI Metro Baltimore at 410-435-2600 or visit their [website](#).**

Bel Air

1. **Date:** 2nd Wednesday and 4th Wednesday of each month
Time: 7:00 PM
Location: McFaul Activity Center (Library/Computer Room)
525 West MacPhall Rd, Bel Air, MD 21014

***For more information contact NAMI Harford County, namiharfordcounty@gmail.com**

Columbia

1. **Date:** Every Monday in Music room #6
Time: 6:30 PM - 8:00 PM
Location: Wilde Lake Interfaith Center
10431 Twin Rivers Rd., Columbia, 21044.

***For more information contact NAMI Howard County at 410-772-9300 or visit their [website](#).**

Laurel

1. **Date:** Every Thursday
Time: 6:00 PM – 7:30 PM
Location: Laurel Regional Hospital
7300 Van Dusen Road, Laurel, MD 20707.
2. **Date:** 2nd & 4th Sunday of each month
Time: 3:00 PM – 5:00 PM
Location: St. John the Evangelist Church Hall, 8912 Old Branch Avenue, Clinton, MD 20735

***For more information contact NAMI Prince George's county at 301-429-0970 or visit their [website](#).**

Lexington Park

1. **Date:** 1st and 3rd Tuesday of each month

Time: 6:30 PM

Location: Good Samaritan Lutheran Church

20850 Langley Rd., Lexington Park, MD 20653

*For more information contact NAMI Southern Maryland at 301-737-1988 or visit their [website](#).

New Carrollton

1. **Date:** 2nd and 4th Saturday of each month

Time: 12:00 PM – 1:30 PM

Location: 8511 Legation Rd.

New Carrollton, MD 20784

For more information please contact Yoko Makembe at 202-674-3895; mymakembe@gmail.com.

Olney

1. **Date:** 1st and 3rd Monday of each month

Time: 7:00 PM

Location: Medstar Montgomery General Hospital, Room 623

18101 Prince Phillip Drive, Olney, MD 20832

*For more information contact the NAMI Montgomery County office at 301-949-5852 or visit their [website](#).

Prince Frederick

1. **Date:** 1st and 3rd Wednesdays of each month

Time: 6:00 PM

Location: Keep Well Center, Classroom #2

100 Hospital Rd., Prince Frederick, MD 20678

*For more information contact NAMI Southern Maryland at 301-737-1988 or visit their [website](#).

Rockville

1. **Date:** 2nd and 4th Tuesday of each month
Time: 7:00 PM
Location: NAMI Montgomery County
11718 Parklawn Drive, Rockville, MD 20852

***For more information contact the NAMI Montgomery County office at 301-949-5852 or visit their [website](#).**

Silver Spring

1. **Date:** 2nd and 4th Saturday of each month
Time: 3:00 PM
Location: Silver Spring Wellness and Recovery Center, Suite 100
1400 Spring St., Silver Spring, MD 20910

***For more information contact the NAMI Montgomery County office at 301-949-5852 or visit their [website](#).**

Waldorf

1. **Date:** 1st and 3rd Monday of each month
Time: 6:00 PM
Location: The Lifestream Church of the Nazarene
5105 Leonardtown Rd. (Rt. 5) Waldorf, MD 20601

***For more information contact NAMI Southern Maryland at 301-737-1988 or visit their [website](#).**

Wheaton

1. **Date:** 1st and 3rd Thursday of each month
Time: 7:00 PM – 8:30PM
Location: Adult Behavioral Health Program Building (3rd floor conference room)
2424 Reddie Dr. Wheaton, MD 20902

***For more information contact the NAMI Montgomery County office at 301-949-5852 or visit their [website](#).**