



NAMI Connection

Support Groups in Maryland

(updated as of 03/13/2018)

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 – 7:30 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 1st and 3rd Saturday
Time: 10:30 AM- 12:00PM
Location: Clay Pots
1635 W. Pratt Street, Baltimore, MD

3. **Date:** 2nd and 4th Wednesday
Time: 6:00 PM – 7:30 PM
Location: 2nd Floor, Myerberg Room
3601 Eastern Avenue, Baltimore, MD
(Open to Young Adults age 18 to 39 living with a mental illness)

***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**

Clinton

1. **Date:** 3rd Wednesday
Time: 6:30 – 8pm
Location: Medstar Southern Maryland Hospital Library on lower level
7503 Surratts Rd., Clinton, MD 20735
2. **Date:** 2nd and 4th Sunday
Time: 3pm – 5pm
Location: St John the Evangelist Church Hall
8912 Old Branch Ave., Clinton, MD 20735

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

Columbia

1. **Date:** 2nd and 4th Monday
Time: 6:30 PM - 8:00 PM
Location: Owen Brown Interfaith Center
7246 Cradlerock Way, Columbia, 21045.

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

Landover Hills

1. **Date:** 1st and 3rd Tuesday

Time: 5:30 PM – 7:30 PM

Location: Family Service Foundation, Inc

5301 76th Avenue, 2nd Floor, Landover Hills, MD

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

Olney

1. **Date:** Every Monday

Time: 7:00 PM

Location: Medstar Montgomery Medical Center, 2nd Floor

18101 Prince Phillip Drive, Olney, MD 20832

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

Rockville

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

Time: 7:00 PM - 8:30pm

Location: NAMI Montgomery County
11718 Parklawn Drive, Rockville, MD 20852

2. **Date:** 1st and 3rd Friday

Time: 6:30pm – 8:30pm

Location: NAMI MC Program Office
11718 Parklawn Drive, Rockville, MD 20852

(Grupo De Apoyo)

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

Silver Spring

1. **Date:** 3rd Wednesday

Time: 7pm – 8:30pm

Location: St. Luke's Lutheran Church
9100 Colesville Rd, Silver Spring, MD 20910

(Young adults ages 18-30)

2. **Date:** 4th Saturday

Time: 3pm – 4:30pm

Location: Silver Spring Wellness And Recovery Center
1400 Spring Street, Silver Spring, MD 20910

***For more information contact the NAMI Montgomery County office at 301-949-5852 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 Reedie Dr. Wheaton, MD 20902

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