If you’ve ever felt alone because you or a loved one has a mental health condition, the NAMI community is here for you.

YOU ARE NOT ALONE

Waukesha Program Office & Administration:
217 Wisconsin Ave, Suite 300
Waukesha, WI 53186

Milwaukee Program Office:
1915 N. Dr. Martin Luther King Jr. Dr.
Milwaukee, WI 53212

Waukesha Program Office & Administration:
262-524-8886

Milwaukee Program Office:
414-344-0447

www.namisoutheastwi.org

info@namisoutheastwi.org

NAMI Southeast WI has made every attempt to ensure accuracy and reliability of the information contained in this brochure. To confirm details, please visit namisoutheastwi.org/support or contact us at info@namisoutheastwi.org.

For a searchable table of additional support in the area, go to namisoutheastwi.org/resources.

Participants of in-person support groups will be required to follow the guidelines of the local, state, and federal communities for health and safety.

This document was last revised: December 2021
For loved ones of an individual living with a mental health condition:

**Family Support Group - In Person**
2nd Monday
6:30 - 8:00 PM
Meadowbrook Church
1025 N 70th St
Wauwatosa, WI 53213
414-326-3461 or ssschoenmarklin@namisoutheastwi.org

**Family Support Group - In Person**
3rd Tuesday
6:30 - 7:30 PM
NAMI Southeast WI Waukesha Program Office
217 Wisconsin Ave, Suite 300
Waukesha, WI 53186
262-409-2743 or dfischer@namisoutheastwi.org

**Family Support Group - In Person**
1st & 3rd Wednesdays
6:30 - 7:30 PM
Thirst Church
1260 Brown St.
Oconomowoc, WI 53066
262-409-2743 or dfischer@namisoutheastwi.org

**Family Support Group - In Person**
3rd Thursday
6:30 - 8:00 PM
Jackson Park Lutheran Church
4535 W Oklahoma Ave
Milwaukee, WI 53219
414-326-3461 or ssschoenmarklin@namisoutheastwi.org

For family members and friends 18+
who have lost a loved one to suicide:

**Survivors Helping Survivors - In Person**
2nd Tuesday
6:30 - 7:30 PM
Location shared with registered participants.
Waukesha, WI 53186
jsmith@namisoutheastwi.org

**Survivors Helping Survivors - Virtual**
4th Tuesday
7:00 - 8:00 PM
jsmith@namisoutheastwi.org

For parents and caregivers of children
18 and younger with a mental health condition or emotional difficulties:

**Parent Peer Support Group - In Person**
1st Wednesday
6:30-8:30 PM
NAMI Southeast WI Waukesha Program Office
217 Wisconsin Ave, Suite 300
Waukesha, WI 53186
262-409-2743 or dfischer@namisoutheastwi.org

**Parent Peer Support Group - Virtual**
3rd Wednesday
6:30-8:30 PM
262-409-2743 or dfischer@namisoutheastwi.org

For individuals living with a mental health condition:

**NAMI Connections - Virtual**
Saturdays
10:00 - 11:30 AM
414-326-3454 or tjemison@namisoutheastwi.org

**Peer Support Group - In Person**
1st Tuesday
6:00 - 7:30 PM
Northview Building
1721 Northview Rd
Waukesha, WI
262-409-2743 or dfischer@namisoutheastwi.org

**The Journey - In Person**
2nd & 4th Tuesdays
1:00 - 2:30 PM
NAMI Southeast WI Milwaukee Program Office
1915 N. MLK Jr. Dr.
Milwaukee, WI 53212
414-326-3454 or tjemison@namisoutheastwi.org

For women who have been diagnosed with Post-Traumatic Stress Disorder (PTSD) or Complex PTSD:

**The Journey - In Person**
2nd & 4th Tuesdays
1:00 - 2:30 PM
NAMI Southeast WI Milwaukee Program Office
1915 N. MLK Jr. Dr.
Milwaukee, WI 53212
414-326-3454 or tjemison@namisoutheastwi.org

*I Registration is required for all virtual support groups. Registration is also required for Survivors Helping Survivors and The Journey, due to the topics discussed.

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I don't have to walk in someone else's shoes or have those same exact experiences to empathize, to be supportive, to listen, to not judge, to not try to fix, but hear and try to meet someone where they are at.

Connections Participant