

2012 MENTAL HEALTH EDUCATION & SUPPORT GROUP RESOURCE GUIDE PROVIDED BY NAMI (NATIONAL ALLIANCE FOR MENTAL ILLNESS) AUSTIN

To report an update, call **420-9810** or e-mail info@namiaustin.org. For more information on NAMI Austin, visit www.namiaustin.org. Last update: 3/31/12

NAME	DESCRIPTION	TIME	DATE	LOCATION	CONTACT
Family-to-Family NAMI Austin	12-week course for families & friends of adults with mental illness. FREE but registration is required.	Varies	Weekly for 12 weeks	Varies	420-9810 info@namiaustin.org
Basics NAMI Austin	6-week course for parents of children & teens (3-17) with mental illness. FREE but registration is required.	Varies	Weekly for 6 weeks	Varies	420-9810 info@namiaustin.org
Peer-to-Peer NAMI Austin	10-week course for persons living with Mental Illness. FREE but registration is required.	Varies	Weekly for 10 weeks	Varies	420-9810 info@namiaustin.org
Provider Education NAMI Austin	5-session/15-hour course for mental health workers & professionals. FREE but registration is required.	Varies	Weekly for 5 weeks	Varies	420-9810 info@namiaustin.org
In Our Own Voice NAMI Austin	1.5-hour public education presentation by trained presenters with mental illness. FREE but registration is required.	Call/e-mail to schedule.	Call/e-mail to schedule.	In-service	420-9810 info@namiaustin.org
Parents & Teachers as Allies NAMI Austin	2-hour in-service mental health education program for school professionals. FREE but registration is required.	Varies	1 day 2-hour session	In-service	420-9810 info@namiaustin.org
NAMI Connection NAMI Austin	Peer-directed peer support group for persons living with Mental Illness	6:30-8:30 p.m.	Wednesdays	Austin State Hospital 4110 Guadalupe St Nifty-Fifty Diner Conference Rm	420-9810 info@namiaustin.org
NAMI Hearts & Minds	Online, Interactive, educational initiative.	Online	Online	www.nami.org/heartsandminds	Online
NAMI Austin Meeting NAMI Austin	Speakers discuss mental health topics. Visit website for current month's program. FREE . No registration required.	6:30 p.m.	4 th Mon-Except Jul, Aug, & Dec	Austin State Hospital 4110 Guadalupe St Nifty-Fifty Diner Conference Rm	420-9810 info@namiaustin.org
Family Support Group NAMI Austin/ATCIC	For families & friends of persons with mental illness.	7 - 9 p.m.	2 nd Monday	Austin Travis County Integral Care 1700 S Lamar off Collier St Training Rm	Tom Polacheck 804-3690
Daughters & Sons Support Group NAMI Austin	For adult children of parents with mental illness.	6:30 - 8:30 p.m.	3 rd Thursday	Contact for location.	Rhonda Sparre 569-8195 rhondasparre@yahoo.com
Families of Young Children Support Group NAMI Austin	For parents of children & teens (3-17) with mental illness.	7 - 8:30 p.m.	2 nd Thursday	Contact for location	Sylvia Pope lgaquadog@sbcglobal.net
Veterans Support Group	Peer-directed group for veterans with mental illness.	11:30 - 1 p.m.	Wednesdays	VA Outpatient Clinic 2901 Montopolis Dr.	433-2020
Family Support Group	For families & friends of persons with mental illness.	7 - 9 p.m.	3 rd Monday	Seton Shoal Creek Hospital 3501 Mills St	Ermine Smith 244-9706
Williamson County Family Support Group	For families & friends of persons with mental illness.	6:30 - 8:30 p.m.	2 nd & 4 th Wednesdays	Bluebonnet Trails Community Services 1009 N Georgetown St Conference Rm Round Rock TX	Leo De La Garza 656-3914 leo.delagarza@bbtrails.org
Austin Clubhouse	www.austinclubhouse.org	Varies	Varies	4425 Red River St Austin	925-5877
Family Support Co-op NAMI Austin/AISD/ATCIC/Arc of the Capital Area	For families of children with ADD/ADHD & other mental disabilities.	7 - 8:30 p.m.	2 nd Tuesday (School year)	Rosedale Elementary School 2117 W 49 th St off Burnet Rd	AISD Family and School Support Team 414-2049 or 476-7044
Back to Basics Communities for Recovery	4-week accelerated behavioral education program to 12 steps of recovery for substance abuse & mental illness.	7 - 8:30 p.m.	Wednesdays	Austin State Hospital 4110 Guadalupe St Peer Recovery Support Center Bldg 635	Heather Kess Covey hkesscoby@cforr.org
Dual Disorders Recovery Achievers Communities for Recovery	4-week accelerated behavioral education program to 12 steps of recovery for substance abuse & mental illness.	7 - 8:30 p.m.	Thursdays	Austin State Hospital 4110 Guadalupe St Peer Recovery Support Center Bldg 635	Heather Kess Covey hkesscoby@cforr.org 758-7682
Borderline Personality Disorder Support Group NEA-BPD	For families & friends of people with BPD. A licensed mental health professional will moderate all group sessions.	7:30 - 9 p.m.	1 st Monday	Austin State Hospital 4110 Guadalupe St Nifty-Fifty Diner Conference Rm	Jeff Thurwachter jthurwachter@gmail.com Regina Soto regsoto9@yahoo.com
Family Connections NEA-BPD	12 week course for families of persons with Borderline Personality Disorder. Info- Dialectical Behavior Therapy & recent research. FREE - registration is required	Varies	Weekly for 12 weeks	familyconnections@themib.com	Jeff Thurwachter jthurwachter@gmail.com Regina Soto regsoto9@yahoo.com
Travis County Counseling & Education Services	Rehabilitative programs for adults & juveniles, including alcohol/drug & family violence.	Contact	Contact	Locations throughout Austin. www.co.travis.tx.us/counseling_education/	854-9540

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NAME	DESCRIPTION	TIME	DATE	LOCATION	CONTACT
Positive Family Coaching	Parenting strategies for children & teens with biobehavioral disorders.	Varies	Varies	3724 Jefferson St Franklin Sq Bldg Ste 207	Linda Classen 346-3123 Ed Gooze 497-2913
Austin Child Guidance	Parent education, therapy, & psychiatric services.	Varies	Varies	810 W 45th St Austin 78751	451-2242 www.austinchildguidance.org
Lifeworks	Free and affordable services for youth & families. Counseling, Housing, Education/Workforce and Youth Development	Varies	Varies	Locations throughout Austin. Contact for details.	Main Help Line 735-2400 www.lifeworksaustin.org
Depression and Bipolar Support Alliance Support Group	Peer-directed peer support group for individuals with depression & bipolar disorder.	6:30 - 8 pm	2 nd & 4 th Tuesdays	Allison House 301 N Lake Creek Dr Round Rock TX	Robbie 244-0283 dbsaroundrock@gmail.com
		7 - 9 p.m	Mon & Fri	Seton Shoal Creek Hospital 3501 Mills St Cafeteria 3501	Bill Newcomb 963-1872 cobra93@io.com
Austin Area Mental Health Consumers/SHAC	For individuals with mental illness	Numerous	Numerous	3205 S 1 st St Austin 78704	442-3366 admin@austinmhc.org
Eating Disorders Anonymous	www.eatingdisordersanonymous.org	Varies	Varies	Visit website for meeting locations and times	923-3361 StephLCMorris@aol.com
Obsessive-Compulsive Disorder Support Group	Peer Led Self Help for persons with obsessive-compulsive disorder.	7:00 -8:30 p.m.	1 st Tuesday	Please call for information	Bobbi Duncan 828-310-9378
		7:00-8:30 p.m.	3 rd Tuesday	Gethsemane Lutheran Church 200 W Anderson Ln	
Kids with OCD	For kids 17 and under and their parents	Varies	Varies	4001 N Lamar Blvd Austin 78759	Katy Levit 542-0089
Heart of Texas Overeaters Anonymous	12-step program for individuals who overeat.	Varies	Varies	www.hotig.oagroup.org Meeting Listings	See link.
The Austin Asperger's Syndrome Meetup Group	For children, teens, & adults with Asperger's.	Varies	Varies	www.meetup.com/aspergers-230/ Meeting Listings	See link
Recovery International	Cognitive Behavioral peer led groups for individuals with mental illnesses. www.austinrecovery.org Recovery171@lowselfhelpsystems.org	7:30 - 9 p.m.	Mondays	Unity Church of the Hills 9905 Anderson Mill Rd Cedar Park TX	Jim 541-4558
		6:30 - 8 p.m.	Thursdays	St. Catherine of Siena Catholic Church 4800 Convict Hill Rd Administration Bld Rm 210	Michelle 686-4844
Samaritan Counseling Center	Affordable counseling for children, youth, women, men, elderly, veterans, & military families.	Contact	Contact	Main Office 8956 Research Blvd (Hwy 183 & Burnet Road)	451-7337 www.samaritan-center.org
Dual Recovery Anonymous	Support group for persons with mental illness & substance abuse.	7 p.m.	Mondays and Fridays	Seton Shoal Creek 3501 Mills Ave Bldg 2	512-263-2101 Ext 183
Austin Recovery	Free Workshops for families of persons with addiction.	10am-12pm	Saturdays	8402 Cross Park Dr Austin 78754	697-8600
Palmer Drug Abuse Program	12-step program for teens & young adults with addiction. Support groups for parents also.	7 - 8 p.m.	Mondays	Riverbend Church Hwy 360 south of Pennybaker Bridge	Main 927-0422 help@pdapaustin.org www.pdapaustin.org
		7- 8 pm.	Thursdays	St David's Episcopal Church 8th and Brazos	
Balanced Mind Foundation	Helps families raising children with mood disorders	See Link	See Link	www.thebalancedmind.org	837-492-8510
Austin Survivors of Suicide	Peer Led Group www.sos-austin.com	6:30-8pm	1 st & 3 rd Tues	St David's North Austin Medical Center Suite C	Linda Davis 560-6115
For the Love of Christi	Staff and Peer Group-Loss of Loved Ones to Suicide	6:30-8pm	Tuesdays	Christi Center - Hancock Dr www.forthelovechristi.org	467-2600
Seton Mind Institute Generations	For Senior Adults experiencing problems with Mental Illness	Contact	Contact	11111 Research Blvd Suite 340 Austin 78758	324-2039 888-918-2039
Alcoholics Anonymous	12-step program for individuals with alcohol abuse.	Contact	Daily	Contact for details.	444-0071 www.austinaa.org
Narcotics Anonymous	12-step program for individuals with substance abuse.	Contact	Daily	Contact for details.	480-0004 www.ctana.org
Al-Anon	12 step support group for families & friends of persons with substance abuse.	Numerous	Numerous	Varies	www.austinalanon.org www.hilltoppers-afg.org

To download a copy, go to http://www.nami.org/content/microsites140/nami_austin/home130/support_groups12/2011mentalhealthguide.pdf.