

## Mental Health Education and Support Group Resource Guide provided by NAMI (National Alliance for Mental Illness) Austin

Go to [www.namiaustin.org](http://www.namiaustin.org) to download a copy. Call 420-9810 to report an update. (Updated Feb. 2010)

Education Class	Description	Time	Dates	Location	Contact
<b>Family to Family NAMI Austin</b>	12 week class for family & friends of adults who have mental illness. <b>FREE</b> but registration is required. Contact for next class. <b>Also offered in Spanish.</b>	varies	Weekly for 12 weeks	varies	<b>420-9810</b> <a href="mailto:info@namiaustin.org">info@namiaustin.org</a> <a href="http://www.namiaustin.org">www.namiaustin.org</a>
<b>Family Connections NAMI Austin</b>	12 week education class for family of persons with Borderline Personality Disorder. Dialectical Behavior Therapy and most recent research provided. <b>FREE</b> but registration is required.	varies	Weekly for 12 weeks	varies	<b>420-9810</b> <a href="mailto:info@namiaustin.org">info@namiaustin.org</a> <a href="http://www.namiaustin.org">www.namiaustin.org</a>
<b>Visions for Tomorrow NAMI Austin</b>	8 week class addressing the needs of parents with children (4-18) with mental illness. <b>Also offered in Spanish. FREE</b> but registration is required.	varies	Weekly for 8 weeks	varies	<b>420-9810</b> <a href="mailto:info@namiaustin.org">info@namiaustin.org</a> <a href="http://www.namiaustin.org">www.namiaustin.org</a>
<b>Peer to Peer NAMI Austin</b>	A unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. <b>FREE</b> but registration is required.	varies	Weekly for 9 weeks	varies	<b>420-9810</b> <a href="mailto:info@namiaustin.org">info@namiaustin.org</a> <a href="http://www.namiaustin.org">www.namiaustin.org</a>
<b>Great Minds Think Alike NAMI Austin</b>	8 week course for teens 13-18 with a mental illness to teach teens how to manage their recovery. <b>FREE</b> but registration is required.	varies	Weekly for 8 weeks	varies	<b>420-9810</b> <a href="mailto:info@namiaustin.org">info@namiaustin.org</a> <a href="http://www.namiaustin.org">www.namiaustin.org</a>
<b>NAMI AUSTIN Program Meeting</b>	Speakers speak about a variety of mental health topics. Check website for current month's program. <b>FREE.</b> No registration required.	6:30 p.m.	4 <sup>th</sup> Monday Except July, Aug, Dec.	<b>Austin State Hospital-</b> 4110 Guadalupe Nifty-Fifty Diner Conference Room	<b>420-9810</b> <a href="mailto:info@namiaustin.org">info@namiaustin.org</a> <a href="http://www.namiaustin.org">www.namiaustin.org</a>
<b>Visions for Tomorrow Professional In-Service Training</b>	A one day 6 hour training session for professionals who work with children and adolescents. Call to schedule and for pricing details.	varies	One day, 6 hour session	varies	<b>420-9810</b> <a href="mailto:info@namiaustin.org">info@namiaustin.org</a> <a href="http://www.namiaustin.org">www.namiaustin.org</a>
<b>Family to Family &amp; Sibling Support Group</b>	Discussion & Support group for family and friends of persons with mental illness.	7-9 p.m.	3 <sup>rd</sup> Monday	<b>Seton Shoal Creek Hospital</b> 3501 Mills Street	<b>420-9810</b> <a href="mailto:info@namiaustin.org">info@namiaustin.org</a> <a href="http://www.namiaustin.org">www.namiaustin.org</a>
<b>Visions for Tomorrow Parent Support Group</b>	Discussion & Support group for parents of children and adolescents with mental illness.	6:30-8 p.m.	2 <sup>nd</sup> Thursday	<b>Austin State Hospital</b> Nifty-Fifty Diner Conference Room 4110 Guadalupe	<b>420-9810</b> <a href="mailto:info@namiaustin.org">info@namiaustin.org</a> <a href="http://www.namiaustin.org">www.namiaustin.org</a>
<b>Borderline Personality Disorder Support Group</b>	Support group for friends and family of people with PBD. A licensed mental health professional will moderate all group sessions.	7:30-9 p.m.	1 <sup>st</sup> Monday	<b>Austin State Hospital</b> Nifty-Fifty Diner Conference Room 4110 Guadalupe	<b>420-9810</b> <a href="mailto:info@namiaustin.org">info@namiaustin.org</a> <a href="http://www.namiaustin.org">www.namiaustin.org</a>
<b>NAMI Connections For Veterans</b>	Peer directed peer support group for veterans living with mental illness.	11:30 a.m. -1 pm.	Wednesday	<b>VA Mental Health Clinic</b> 2101 IH. 35 Southgate Bldg. Rm. 359	<b>420-9810</b> <a href="mailto:info@namiaustin.org">info@namiaustin.org</a> <a href="http://www.namiaustin.org">www.namiaustin.org</a>
<b>ATCMHMR/NAMI Austin Family Support Group</b>	Support group for family and friends of persons with mental illness.	7 p.m.	2 <sup>nd</sup> Monday	<b>ATCMHMR Training Room</b> 1700 S. Lamar, off Collier St.	<b>804-3690</b> <b>Tom</b>
<b>NAMI Connections</b>	Peer directed peer support group for persons living with mental illness.	6:30-8:p.m.	1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays	<b>Bethany United Methodist Church</b> 10010 Anderson Mill Road	<b>420-9810</b> <a href="mailto:info@namiaustin.org">info@namiaustin.org</a> <a href="http://www.namiaustin.org">www.namiaustin.org</a>
<b>CHADD (Children &amp; Adults with ADHD) Austin Chapter</b>	Connect with peers and experts to successfully manage ADHD. One group for adult issues, another addresses parenting issues. Free childcare provided.	7-8:30 p.m.	2 <sup>nd</sup> Tuesday	<b>Rosedale Elementary School</b> 2117 West 49 <sup>th</sup> (off Burnet Rd.)	<b>414-2049</b> <a href="http://www.chadd.org">www.chadd.org</a> find local chapter
<b>Family Support Cooperative</b>	Education & support for families with children with disabilities. Free childcare. Pizza provided. Call for current class series.	7-8:30 p.m.	2 <sup>nd</sup> Tuesday	<b>Rosedale Elementary School</b> 2117 West 49 <sup>th</sup> (off Burnet Road.) And other school locations	<b>Rosemary 414-2049</b> <b>Grace 414-0955.</b>
<b>Back to Basics Communities for Recovery</b>	4 week program that offers accelerated introduction to 12 steps of recovery for substance abuse & mental illness.	7-8:30p.m.	Wednesday & Thursdays	<b>Austin State Hospital-</b> 4110 Guadalupe Nifty-Fifty Diner Conference Room	<b>Jennifer- 615-4418</b> <a href="http://www.cferr.org">www.cferr.org</a>
<b>Dual Recovery Anonymous</b>	Support group for persons with mental illness and substance abuse.	7-8 p.m. 7-8 p.m.	Mondays Fridays	<b>Seton Shoal Creek Hospital-TR Rm. 1<sup>st</sup></b> Floor , 3501 Mills Street	<b>Scott 615-4440</b> <a href="http://www.draonline.org">www.draonline.org</a>
<b>Travis County Counseling Education Services</b>	Programs for Juvenile Anger Management, Alcohol Education & Youth Misdemeanors.	varies	varies	<b>5501 Airport Blvd.</b> Youth Programs @ <b>Reagan High School</b>	<b>854-9540</b>

<b>Education Class</b>	<b>Description</b>	<b>Time</b>	<b>Dates</b>	<b>Location</b>	<b>Contact</b>
<b>Dual Disorders Recovery Achievers by C for R</b>	4 week accelerated introduction to 12 steps for substance abuse & mental illness.	7-8:30p.m.	Fridays	<b>Austin State Hospital-Nifty-Fifty Diner</b> Conference Room, 4110 Guadalupe St	615-4483 <a href="http://www.cforr.org">www.cforr.org</a>
<b>Obsessive-Compulsive Disorder Support Group</b>	Support group for persons with obsessive-compulsive disorder.	7:30-9 p.m. 7:30-9 p.m.	1 <sup>st</sup> Tuesday 3 <sup>rd</sup> Tuesday	<b>Seton Shoal Creek Hospital-Cafeteria</b> ,-3501 Mills Street <b>Gethsemane Lutheran Church</b> 200 W. Anderson Lane	SSCH 324-2000 Jean 292-9308
<b>Depression &amp; Bipolar Alliance Support Group</b>	DBSA is open to anyone who is diagnosed with a mood disorder, has a family member or friend who is diagnosed, or who thinks they might have depression or bipolar disorder.	7-9 p.m. 6:30.-8p.m. 6:30-8 p.m. 7-9 p.m.	Mon. & Fri. 2 <sup>nd</sup> & 4 <sup>th</sup> Thurs. 2 <sup>nd</sup> & 4 <sup>th</sup> Tues. Wed	<b>Seton Shoal Creek Hospital Cafeteria</b> 3501 Mills. Ave. <b>George Washington Carver Center &amp; Museum</b> Conference Room, 1165 Angelina <b>Round Rock-Allison House</b> -behind Central Baptist Church off Lakecreek Dr. & 620 across from RR H.S. <b>Cedar Park-Starbucks</b> on Cypress & Lakeline Blvd.	<b>Bibby-589-2404 John</b> 652-393  <b>Robbye 244-0283</b>  <b>Amy 689-5235</b>
<b>Recovery Inc. Support Group.</b>	Organization that uses system of cognitive/behavioral techniques to help manage nervous symptoms and fears.	7:30 p.m. 7:30 p.m.	Monday Thursday	<b>Unity Church of the Hills</b> , 9905 Anderson Mill <b>St. Catherine of Sienna Church-</b> Parish Office Bldg. Rm. 210 ,4800 Convict Hill	233-0650 <a href="mailto:171@recovery-inc.org">171@recovery-inc.org</a> <a href="http://www.recovery-inc.com">www.recovery-inc.com</a>
<b>Samaritan Counseling Center</b>	Low cost Counseling & Education services. HOPE for HEROES-Free for veterans.	Call for hours	Mon.-Sat.	Main Office- 5425-A Burnet Road	451-7337 <a href="http://www.samaritan-center.org">www.samaritan-center.org</a>
<b>Schizophrenics Anonymous</b>	Support group for persons with schizophrenia.	5:30-6:30 p.m.	Thursdays.	<b>Seton Shoal Creek Hospital</b> classroom, 3501 Mills Street	SSCH 324-2000
<b>Austin Area Mental Health Consumers/SHAC</b>	Classes for consumers who live with mental illness. Contact for listing of classes.	Varies Daytime hours	Monday-Friday	3205 S. 1 <sup>st</sup> Street	<a href="http://www.austinmhc.org">www.austinmhc.org</a> 442-3366
<b>Positive Family Coaching Program</b>	Parenting strategies for parents of children with Bio-Behavioral Disorders. Call for details & cost.	6:30-9 p.m.	Monday	3724 Jefferson St. (In Franklin Square Bldg.) Suite 207	Linda 346-3123 Ed 497-2913
<b>Austin Council on Adoptable Children</b>	Support group for parents and for teens to discuss issues regarding adoption.	6:30-8 p.m.	2 <sup>nd</sup> Monday	<b>Family &amp; Protective Services- 1400 Summit</b>	<a href="http://www.Austin-COAC.org">www.Austin-COAC.org</a> 454-4611
<b>Asperger's Group</b>	Support group for adults with asperger's.	7-9 p.m.	4 <sup>th</sup> Thursday	<b>IHOP Restaurant</b> 1101 S. MoPac Expy.	Henry 789-1303
<b>The Austin Asperger's Syndrome Meetup Group</b>	Support for children, teens &, adults with asperger's as well as family and friends.	varies	monthly	varies	<a href="http://asperger.meetup.com/230/">http://asperger.meetup.com/230/</a>
<b>Anorexics &amp; Bulimics Anonymous</b>	12 step program for persons with anorexia or bulimia .	Numerous	Varies	Meetings & locations vary. Call for listing.	Rita 837-0569 Erin 415-5182
<b>Heart of Recovery Overeaters Anonymous</b>	12-step program for persons who overeat.	Numerous	Varies	Meetings & locations vary. Call for listing	328-2702 <a href="http://www.heartoftexas.org">www.heartoftexas.org</a>
<b>Family Connections</b>	Parenting classes for caregivers of young children. FREE. Contact for details & list of classes.	Numerous	Varies	825 E. 53 <sup>rd</sup> ½ St. E101	<a href="http://www.Familyconnectionsonline.org">www.Familyconnectionsonline.org</a> Mary 478-5725 ext 215
<b>Palmer Drug Abuse Program</b>	Support group for teens, young adults and parents. Social activities on weekends. LCDC available for counseling sessions.	7 p.m. 7:30 p.m. 7:30 p.m.	Monday Tues.& Thurs. Tuesday	<b>Riverbend Church</b> -4214 Cap. of Tx. Highway Quad 3A <b>Longhorn for Christ Center-</b> 1909 University Ave <b>Promiseland Church Pavilion-</b> 1504 E. 51st. Street	<a href="http://www.pdapaustin.org">www.pdapaustin.org</a> 927-0422 help@pdapaustin.org
<b>Not My Child</b>	Education program about alcohol and drug use abuse for parents and adolescents.	7-9 p.m.	Quarterly Call for dates	<b>Riverbend Church</b> -4214 Capital of TX. Hwy. Fellowship Hall	<a href="http://www.SOBERAUSTIN.com">www.SOBERAUSTIN.com</a> Marsha 657-6572
<b>Gateway to Recovery 2nd Sat. Workshop</b>	2 part Education class about alcohol & drug use. Program on addiction & recovery. FREE	7-9 p.m. 10 am.-12 pm.	1 <sup>st</sup> & 2 <sup>nd</sup> Wed. 2 <sup>nd</sup> . Sat.	<b>Austin Recovery</b> 8402 Cross Park Drive	Carmen 697-8528 <a href="http://www.austinrecovery.org">www.austinrecovery.org</a> 697-8600
<b>Center for Students in Recovery</b>	Support for students who are in recovery from addiction or are ACOA.	7:15-8:15 pm.	Tuesday	<b>University of Texas School of Social Work</b> 1925 San Jacinto, Rm. 2.112	475-8352 <a href="http://www.healthyhorns.utexas.edu/crs">www.healthyhorns.utexas.edu/crs</a>
<b>Alcoholics Anonymous</b>	12 step program for alcohol abuse.	Numerous	Daily	Meetings & locations vary. Call for listing	444-0071 <a href="mailto:austinaa@austin.rr.com">austinaa@austin.rr.com</a>
<b>Narcotics Anonymous</b>	12 step program for substance abuse	Numerous	Daily	Meetings & locations vary. Call for listing	480-0004 <a href="http://www.ctana.org">www.ctana.org</a>
<b>Al-Anon</b>	12 step support group of family or friends of person dealing with any addiction.	Numerous	Daily	Meetings & locations vary. Call for listing	<a href="http://www.Austinalanon.org">www.Austinalanon.org</a> <a href="http://www.hilltoppers-afg.org">www.hilltoppers-afg.org</a>
<b>Al-Anon for Parents</b>	12 step support group for parents of children dealing with any addiction	6 p.m. 7:30 p.m. 5:30 p.m. and 8 p.m.	Tuesday Thursday Sunday	<b>Shoal Creek Hospital-</b> 3501 Mills Street <b>Triumphant Love Lutheran Church</b> 9508 Great Hills <b>Timberline Office Condominiums</b> 2525 Wallingwood Drive-, Bldg. #7, Suite 703	<a href="http://www.Austinalanon.org">www.Austinalanon.org</a> <a href="http://www.hilltoppers-afg.org">www.hilltoppers-afg.org</a> 441-8591