



Virtual Support Groups

NAMI Greater Toledo recognizes the importance of support for our families and peers during this difficult time. Therefore, NAMI Greater Toledo is now offering virtual support groups! Please keep in mind that our groups will still follow NAMI guidelines, policy, procedures, and protocol - only instead of meeting in person, we will meet virtually! Meeting virtually is new for NAMI Greater Toledo, so please be patient as we all learn together.

Family Support Group

A support group for family and/or friends of someone living with a mental health diagnosis

Hosted by: Melissa Hall

Every Monday from 7:00pm - 8:30pm

Join by computer:

<https://us04web.zoom.us/j/144201753?pwd=QTdaRW5nWFpsMEJSaWdVR0lMVmt0QT09>

Meeting ID: 144 201 753

Password: 014418

(With a smart phone, you can download the free zoom app)

Join by phone call only

(414) 969-4138

You will be prompted to enter your user ID, but you can just push pound (#) to continue, then dial the Meeting ID (shown above)

Peer Support Group

A support group for adults (18+) living with a mental health diagnosis

Hosted by: Audrey Friedman

Every Tuesday from 7:00pm - 8:30pm

Join by computer:

<https://us04web.zoom.us/j/756332450?pwd=aVl3SFFMZXF5Nk5ldHdEam4raXZMQT09>

Meeting ID: 756 332 450

Password: 024463

(With a smart phone, you can download the free zoom app)

Join by phone call only

(414) 969-4138

You will be prompted to enter your user ID, but you can just push pound (#) to continue, then dial the Meeting ID (shown above)

