



Support Group Schedules



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Codependents – Burlington 12:00 – 1:00 pm	Family Support NAMI – Burlington – 7:00 pm		Peer Support Circle – Burlington – 5:00 – 6:00 pm	Peer Support NAMI – Burlington – 3:00 - 4:30 pm		
Codependents – Burlington 12:00 – 1:00 pm		Family Support NAMI – Burlington – 7:00 pm	Peer Support Circle – Burlington – 5:00 – 6:00 pm	Peer Support NAMI – Burlington – 3:00 - 4:30 pm		
Codependents – Burlington 12:00 – 1:00 pm	Family Support NAMI – Burlington – 7:00 pm		Family Support NAMI – Burlington – 6:00 pm Peer Support Circle – Burlington – 5:00 – 6:00 pm	Peer Support NAMI – Burlington – 3:00 - 4:30 pm		
Codependents – Burlington 12:00 – 1:00 pm		Family Support NAMI – Burlington – 7:00 pm	Peer Support Circle – Burlington – 5:00 – 6:00 pm	Peer Support NAMI – Burlington – 3:00 - 4:30 pm		

Codependents - Burlington

Who: Persons with relationship issues.

When: Sunday

Time: 12:00 PM – 1:00 PM

Location: Turning Point Center 191 Bank Street Burlington

Contact: Tom 802-238-3587, burlingtonvtcoda@gmail.com, www.burlingtonvtcoda.org

Peer Support Circle - Burlington

Who: For individuals with mental health challenges.

When: Wednesday

Time: 5:00 PM - 6:00 PM

Location: The Wellness Co-op 43 King Street Burlington VT

Contact: 1-888-492-8218 x300 thewellnesscoop@pathwaysvermont <http://www.thewellnesscoop.org/calendar/>

Peer Support – Burlington (check NAMI website below for other locations)

Who: For people living with mental illness where people learn from one another's experiences, share coping strategies and offer mutual encouragement and understanding.

When: Every Thursday

Time: 3:00 – 4:30 pm

Location: St. Paul's Cathedral, 2 Cherry Street, Burlington (enter from parking lot into lower level)

Contact: info@namivt.org or <http://namivt.org/support/peer-support-groups/>

Family Support – Burlington (check NAMI website below for other locations)

Who: For family and friends of individuals with a mental illness where they can talk frankly about their challenges and help one another through their learned wisdom and coping strategies

When: 2nd and 4th Tuesday

Time: 7:00 pm

Location: Howard Center, corner of Pine & Flynn Ave, Burlington

Contact: Jim and Pat Johnson (802) 872-9651 or <http://namivt.org/support/family-support-groups/>

When: 3rd Wednesday

Time: 6:00 pm

Location: Community Health Center, Riverside Ave., Mansfield Conference Room, Burlington

Contact: Janice Sabett (802) 598-2171 or <http://namivt.org/support/family-support-groups/>



When: 1st & 3rd Monday

Time: 6:30 pm

Location: Shaw's, 570 Shelburne Road, South Burlington

Contact: Jim and Pat Johnson (802) 872-9651 or <http://namivt.org/support/family-support-groups/>

Other Helpful Resources

Vermont Family Network

<http://www.vermontfamilynetwork.org/>

1-800-800-4005

Vermont Federation of Families for Children's Mental Health

<http://www.vffcmh.org/>

1-802-876-7021 / 1-800-639-6071

Turning Point

<http://turningpointcentervt.org/calendar/>

(802) 861-3150

Call 211 – community resource line

