

NAMI SUPPORT GROUPS FOR FAMILY MEMBERS AND OTHER CAREGIVERS

Thursday Support Group at All Souls- 2952 S Peoria Ave Meets the first Thursday 6:30-8:00.
For information contact Mary Ellen Jones at 918-743-9124 or mary.ellen.jones@cox.net

Monday Support Group- 6844 E 54th St., Tulsa- Meets the 3rd Monday evening of each month beginning at 7 pm. For more information contact Ellen Harris at 918-527-3536.

Tuesday Support Group- South Broken Arrow Library- 3600 S Chestnut Ave, Broken Arrow (west of 145th on 101st) Meets the first Tuesday of the month at 6:00 pm. For further information contact Michael Stick at 918-605-1751 or dr.mstick@gmail.com or Delores Smith at 918-636-9414.

NAMI-Washington County Support Group - Torrey Place I

Meets 2nd Thursday of each month at Torrey Place I, 901 SE 3rd Street in Bartlesville. For information call Toni Harjo (918)336-1288 or Charles (918)337-8080, ext. 2202.

NAMI CONNECTIONS SUPPORT GROUPS

2nd Friday of the month- at Green Country Behavioral Health located at 619 N Main St Muskogee, OK.
Meeting held in conference room C

OTHER ADULT SUPPORT GROUP MEETINGS

Tuesday Support Group- Christ Presbyterian Church, 2706 E 51st St Tulsa- meets the third Tuesday of every month at 7:00pm. For more information contact Steve Baker at 918-232-5633 or stevebaker@cox.net

Asbury United Methodist Church Mental Health Support Group for Families Who Are Caregivers — Meets in the Parlor on the 4th Thursday from 1:30 to 3:00 p.m. - 6767 S. Mingo. Enter west main door. It will be the first door on the right.

* **Christian Depression and Bipolar Support Group** (including family and friend care giver sessions) 1st-4th Thursdays, Asbury United Methodist Church. 6767 S Mingo Rd-Tulsa 7:00pm – 8:30pm * for more information contact **Bright Tomorrows** * 918-744-5761 * www.brighttomorrows.org

MENTAL HEALTH ASSOCIATION OF OKLAHOMA

1870 South Boulder

585-1213

- * **Bipolar Support Group** 1st & 3rd Tuesday 6:30 p.m.
- * **Depression Support Group** 1st & 3rd Thursday 6:00 p.m.
- * **Anxiety Support Group** 2nd & 4th Tuesday 6:30 p.m.
- * **Survivors of Suicide** 1st & 3rd Thursday 6:00 p.m.
- * **Families in Touch Support Group** (Caregivers of Family Members)
2nd & 4th Wednesday 6:00 p.m.

Unburied in Treasures Support Group

For individuals with previous experience addressing their disorganization, clutter, and/or hoarding.

#1) Held ongoing weekly Tuesdays from 1:00-2:30 pm at the Tulsa Fire Dept. Station #20, 9827 E 59th St, Tulsa. Free but pre-registration required: Jo Ann Bly, (918)697-2482 or Sandye Taylor, (918)-252-7650

Digging Out Support Group: Helping your loved ones Manage Clutter

For family and friends desiring to help a loved one manage clutter

#2) Held on the second Tuesday of the month (ongoing) from 11:30 am- 1 pm at Improving Lives Counseling Center, 6216 S Lewis Ave, Suite 180, Tulsa Free pre-registration: Patrice Lott (918) 629-4828

FOR PARENTS OF CHILDREN

Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD) meets on the 2nd Saturday of the month from 9:30-11:00 a.m., Hardesty Library. For more information, call Robin at (918) 857-2095 or Robin4CHADD@sbcglobal.net

Oklahoma Attachment and Bonding Coalition Support Group - for parents and advocates sharing ideas to help foster and adopted children with **Reactive Attachment Disorder** — Meets the 3rd Tuesday each month at Hardesty Library at 7 p.m. www.okabc.org

Grandparents Helping Grandparents meets the 2nd and 4th Tuesdays at 6:30 pm at Asbury United Methodist Church, 6767 S Mingo, in Tulsa. Contact Sandie Sullivan at 918-381-1931 or Erin Paul-Bushong at 918-724-8574. For more information.