

Local Resources

Care Court Support: Supporting family members/anyone who want to submit Care Court petitions, support available in English, Spanish, and Mandarin. Contact: English: [Olivia Henderson, \(925\) 765-9980, olivia.henderson@namicontracosta.org](mailto:olivia.henderson@namicontracosta.org) Spanish: [Sheila Alarcon, \(925\) 765-9268, sheila.a@namicontracosta.org](mailto:sheila.a@namicontracosta.org) Mandarin: [Shelly, \(925\) 765-8232, shelly@namicontracosta.org](mailto:shelly@namicontracosta.org)

Zoom Meeting - Crash Course: Time: Every Wednesday, 6:00 pm. Zoom Meeting ID: 964 0515 7044. Contact: [Michele O'Keefe, \(707\) 410-0296, michele@namicontracosta.org](mailto:michele@namicontracosta.org) or [Gregory Beckner, \(925\) 588-9281, greg.beckner@namicontracosta.org](mailto:greg.beckner@namicontracosta.org)

Zoom Meeting - NAMI CC Psychosis and Addiction (Dual Diagnosis) Support Group: Time: Every Tuesday, 5 pm – 6 pm. Zoom Meeting ID: 827 6270 7698. Contact: [Ashley Ciullo, \(925\) 765-9406, ashley@namicontracosta.org](mailto:ashley@namicontracosta.org), [Gregory Beckner, \(925\) 588-9281, greg.beckner@namicontracosta.org](mailto:greg.beckner@namicontracosta.org)

Zoom Meeting - Family Support Group: Time: Every 1st & 3rd Monday, from 7:00 - 8:30 pm. First Mondays Zoom Meeting ID: 983 9317 0658. Third Mondays Zoom Meeting ID: 983 4603 3191 Contact: [Michele O'Keefe, \(707\)410-0296, michele@namicontracosta.org](mailto:michele@namicontracosta.org)

Zoom Meeting - Older Adults Support Group: Every 2nd and 4th Monday, from 6:00 - 7:00 pm. Second Mondays Meeting ID: 894 3849 7301. Fourth Mondays Meeting ID: 889 6810 7425. Contact: [Michele O'Keefe \(Same as above\)](mailto:michele@namicontracosta.org)

Zoom Meeting - Conexiones en Español – Grupo de Apoyo: Cada Jueves de 6:00 – 7:00 pm, Every Thursday from 6:00-7:00 pm. Zoom Meeting ID: 841 4917 4780. Contacto: [Uriel, uriel.cardoza@namicontracosta.org](mailto:uriel@namicontracosta.org)

Zoom Meeting - Grupo de Apoyo Familiar: Cada primer martes del mes de 5:00 – 6:00 pm, Every first Tuesday of the Month from 5:00-6:00 pm. Zoom Meeting ID: 852 6500 8448. Passcode: 716985. Contacto: [Uriel, uriel.cardoza@namicontracosta.org](mailto:uriel@namicontracosta.org)

Zoom Meeting - AAPI / Mandarin Family Support Group/普通话中文家庭互助组: Time: 1st and 3rd Wednesday of the month, 5:15 - 6:15 pm 每月的第一个和第三个星期三下午5点15到6点15. Meeting ID: 976 0697 4509. Passcode: 859880. Contact/联系人: [Shelly Ji, \(925\) 765-8232, shelly@namicontracosta.org](mailto:shelly@namicontracosta.org)

Zoom Meeting - AAPI / Mandarin Dialogue with psychotherapist/对话心理咨询师 Time: 1st and 3rd Wednesday of the month, 4:50 - 5:15 pm 每月的第一个和第三个星期三下午4点50到5点15. Meeting ID: 976 0697 4509. Passcode: 859880. Contact/联系人: [Shelly Ji, \(925\) 765-8232, shelly@namicontracosta.org](mailto:shelly@namicontracosta.org)

Zoom Meeting - African American Family Support Group: Time: 4th Wednesday of the month, 7:00 – 8:00 pm. Zoom Meeting ID: 875 3337 4219. Contact: [Gigi Crowder, \(510\) 990-2670, gigi@namicontracosta.org](mailto:gigi@namicontracosta.org)

Zoom Meeting - Writer's Group: Time: 2nd Saturday of the month, 10:30 am -12:00 pm, Meeting ID: 894 3866 9717. Contact: [Roberto Roman, roberto.roman@cchealth.org](mailto:roberto.roman@cchealth.org)

Zoom Meeting - African American Young Women Support Group: Ages 17-29 Time: Every 3rd Friday, 6:00 - 7:00 pm. Zoom Meeting 893 7178 5737 Contact: [Akili, \(702\) 234-4726, akili-nuez-mixon@namicontracosta.org](mailto:akili@namicontracosta.org)

Zoom Meeting - TAY (Transitional Age Youth) AAPI Support Group: Ages 16-26. Time: Every Saturday, 6:00 - 7:30 pm. 普通话青少年互助组, 面向年龄16-26岁, 每周六6点到7点半. Zoom Meeting ID: 861 9019 9549. Contact/联系人: [Leo Li, \(510\) 368-1422, leo.li@namicontracosta.org](mailto:leo.li@namicontracosta.org)

Zoom Meeting - AAPI Connection Support Group: Every Saturday, 5:00 - 6:00 pm. 中文患友互助. 每周六晚上5点到6点. Zoom Meeting ID: 819 9695 4905. Contact/联系人: [Yiwen\(Yvonne\) Wu, \(510\) 660-1793, yiwen.wu@namicontracosta.org](mailto:yiwu@namicontracosta.org)

Zoom Meeting – NAMI CC NCO Club Veteran Support Group: Time: The 2nd Thursday of each month, from 6:30 – 7:30 pm To talk without judgement about our lived experience in the military and our lessons learned. Meeting ID: 867 2226 1053 Contact: [Philip H Arnold Jr, \(925\) 202-4349, philip.arnold@namicontracosta.org](mailto:philip.arnold@namicontracosta.org)

Zoom Meeting – LGBTQ+ Support Group: Time: Every 2nd Friday 2:30 – 3:30 PM. Zoom Meeting ID: 811 5432 9568. A free, confidential, and culturally inclusive support group for LGBTQ+ individuals, families and allies. Contact: [Olivia Henderson, \(925\) 765-9980, olivia.henderson@namicontracosta.org](mailto:olivia.henderson@namicontracosta.org)

Zoom Meeting – Focused Grief/Faith and Prayer Support Group: Time: The 2nd Friday 6:30 – 7:30 PM. Zoom Meeting ID: 819 0162 9960. Contact: [Elder Desiree Rushing, \(510\) 206-1281, desiree.rushing@namicontracosta.org](mailto:desiree.rushing@namicontracosta.org)

Hybrid - NAMI Connection Support Group: Contact: [Olivia Henderson](mailto:olivia.henderson@namicontracosta.org), (925) 765-9980, olivia.henderson@namicontracosta.org
Zoom Meeting - Time: Every Wednesday, 7:00 - 8:30 pm, Every Friday, 7:00 pm – 8:30 pm. Zoom Meeting ID: 950 5621 9162
Passcode: 917027. **In Person:** Time: Every Tuesday, 7:00 - 8:30 pm at our Office- 2151 Salvio St, Suite V, Concord, 94520.

In Person - Men of Color Healing Circle: Time: Every Wednesday, 5:30 pm – 7:00 pm at 1020 East Tregallas Rd. Antioch, CA 94509, Every Thursday 5:00 pm – 6:30 pm at NAMICC Office Contact: [Luis Marroquin](mailto:Luis.Marroquin@namicontracosta.org) (925) 318-1404, Luis.Marroquin@namicontracosta.org

Brentwood Family Support Group: Time: Last Tuesday of the Month, 7:00 p.m. Contact: [Laurel Howard-Fong](mailto:lphfong19@gmail.com), lphfong19@gmail.com

Hybrid - TAY (Transitional Age Youth) English Support Group: Ages 16-26 Time: Every Monday, 6:00 - 7:00 pm, Zoom Meeting ID: 824 8157 2895. Every Saturday, 1:00pm – 2:00 pm at office, 2151 Salvio St, Suite V, Concord, 94520.
Contact: Leo Li (Same as above) or [Sheila Alarcon](mailto:sheila.a@namicontracosta.org), (925)765-9268, sheila.a@namicontracosta.org

NAMI CC African American CalHope Warm Line: (925) 465-3864 Offering non-clinical crisis services to African Americans during COVID-19. Contact [Naomi Gashaw](mailto:Naomi.gashaw@namicontracosta.org), (925) 765-9268, Naomi.gashaw@namicontracosta.org

NAMI CC AAPI CalHope Warm Line: (510) 649-5565 Offering non-clinical crisis services and peer mental health support to Asian American and Pacific Islander Communities during the COVID-19 pandemic. Contact person Leo Li(Same as Above)

NAMI CC Family and Friends of Incarcerated Loved Ones (NAMI CC Criminal Justice Support Group): Time: Every 4th Saturday, 10:00 - 11:00 am, Zoom ID: 896 9493 1988. Contact: [Lawanna Bradford](mailto:Lawanna.Bradford@namicontracosta.org), (510) 691-9282, lawanna.b@namicontracosta.org,

NAMI Homefront Online for Veterans and their family members: For more information and to register, visit www.nami.org/Homefront
Educational Programs

NAMI CC Monthly Education Presentations/ General Meeting: 3rd Thursday, 7:00 - 8:30 pm
Topics pertain to mental illness and are announced at www.namicontracosta.org

NAMI CC Family-to-Family: 8-week course for families of people with mental illness. Also available in Spanish and Mandarin. Contact [Nancy Rhee](mailto:Nancy.Rhee@namicontracosta.org), nancy@namicontracosta.org **For De Familia a Familia**, Contacte [Uriel](mailto:Uriel.Cardoza@namicontracosta.org), uriel.cardoza@namicontracosta.org NAMI 8节免费国语家庭精神心理健康教育课程，面向成年照顾者。中文课程联系人：[Shelly](mailto:Shelly@namicontracosta.org), (925) 765-8232, shelly@namicontracosta.org 或者 mandarin@namicontracosta.org

NAMI CC Mandarin Educational Program 国语精神心理健康知识讲座: Topics pertain to mental illness—
联系人: Shelly或者 Leo Li 或者 Yiwen Wu(All Same as above)

NAMI CC Basics: 6-week course on mental illness for parents and caregivers of children and adolescents with mental illness. Contact [Nancy Rhee](mailto:Nancy.Rhee@namicontracosta.org), nancy@namicontracosta.org **NAMI Basics** is also available in Mandarin (国语基础教育课程，面向青少年的家人和教育者) 联系人 Shelly Ji, shelly@namicontracosta.org, En Español Contacte [Uriel](mailto:Uriel.Cardoza@namicontracosta.org), uriel.cardoza@namicontracosta.org

NAMI CC Peer-to-Peer: 8-week educational program for adults with mental illness. Info: [Ashley Ciullo](mailto:Ashley.Ciullo@namicontracosta.org), (925) 765-9406, ashley@namicontracosta.org or facilitators [Carla Pirie](mailto:Carla.Pirie@namicontracosta.org), cmays1960@yahoo.com or [Havonya Johnson](mailto:Havonya.Johnson@namicontracosta.org), havonyajohnson@yahoo.com.

NAMI CC In Our Own Voice: NAMI-trained individuals living with mental illness discuss their experiences, at high schools, colleges, churches, hospitals, government agencies and other organizations.
To schedule a presentation, contact [Beth Bartels](mailto:Beth.Bartels@namicontracosta.org), (925) 872-6272, beth@namicontracosta.org.

NAMI CC FaithNet: Assistance and trainings to help create welcoming faith communities for those with mental illness and their families. [Gigi R. Crowder](mailto:Gigi.R.Crowder@namicontracosta.org), L.E., (510) 990-2670, gigi@namicontracosta.org and [Greg Beckner](mailto:Greg.Beckner@namicontracosta.org), (925) 588-9281, greg.beckner@namicontracosta.org

NAMI CC Ending the Silence: Mental health presentation for middle and high school and community college audience, parents, and teachers. Contact [Leo Li](mailto:Leo.Li@namicontracosta.org), (510) 368-1422, leo.li@namicontracosta.org or [Sheila Alarcon](mailto:Sheila.Alarcon@namicontracosta.org), (925)765-9268, sheila.a@namicontracosta.org

NAMI CC Family Volunteer Support Network Office for families seeking help, support, and resources to navigate mental health services in Contra Costa County. As well as those wanting to Volunteer for NAMI CC. 2151 Salvio St. Suite V, Concord, CA 94520. (925) 942-0767.

Other Services

NAMI Contra Costa Office Warm Line: For individuals living with mental illness and family members who need information and assistance. Leave a message to receive a return call from a volunteer within 24 hours. 2151 Salvio St, Suite V, CA 94520. info@namicontracosta.org, (925) 942-0767.

Cammar Supportive Housing: combines affordable housing with intensive coordinated services to help people with severe mental health conditions. [La Tanya Johnson](mailto:La.Tanya.Johnson@namicontracosta.org) (925)787-7901.

Contra Costa County Family Advocate: Support and information for family members. Main number: (925) 348-5565.

Contra Costa County Mental Health Services Access Line: +1 (888) 678-7277. Info at cchealth.org/mentalhealth

Contra Costa County 24-Hour Crisis Intervention Services PES: (925) 646-2800.

Independent Living Resources: Helps people with disabilities gain independence. Concord/Antioch. (925) 363-7293, www.ilrsc.org

Peer Connection: For people with a mental illness to work on vocational and social skills while running the facility. Doctor referral required.

[Lisa Finch](mailto:Lisa.Finch@namicontracosta.org), (925) 804-1902, Lisa@putnampeerconnections.org **Connection House:** (925) 691-4276 Not a NAMI service.

A3 (Anyone, Anywhere at Anytime) Miles Hall Crisis Call Center: Provides professional, same day intervention for adults experiencing a mental health crisis. (833) 443-2672 Children and Adolescents: (877) 441-1089