

**PALO ALTO** — 4th Tues. of month, 7– 8:30 P.M.  
 Jewish Family & Children’s Services, 200 Channing Ave. Info:  
 John Bisenius, 650-688-3097; Laurel Woodard, 650-688-3073.  
 (NAMI Format)

**STANFORD** — 2nd Wed. of month, 7–8:30 P.M.  
 401 Quarry Rd, Room 1211, Dept. of Psychiatry & Behavioral  
 Sciences, Stanford University School of Medicine. Info: Mike &  
 Lilly Henning, 408-264-0782 or mlhenning@comcast.net.  
 (NAMI Format)

**SUPPORT GROUPS FOR CONSUMERS & FAMILIES**

**SAN JOSE** — 4th Thurs. of month, 7–8:30 P.M.  
 Empowerment for Consumers & Caregivers, Momentum, 2001  
 The Alameda (enter at back). Info: Mike & Lilly Henning,  
 408-264-0782. (NAMI Format)

**SAN JOSE** — 1st & 3rd Thurs. of month, 7–8:30 P.M.  
 Christian group for consumers, families & friends. H.E.L.P. at  
 Sunrise Valley Baptist. Info: Jerry Gruhn, 408-224-8449.  
 (NAMI Format)

**SAN JOSE** — Every Wed., 6:30–8:30 P.M.  
 Family Support & Wellness, WRAP (Wellness Recovery Action  
 Plan) for families. 2221 Enborg Ln (enter through the exterior  
 patio door). Signup info: Diana.Guido@hhs.sccgov.org or  
 408-792-2166.

**MORGAN HILL** — 2nd Wed/mo., 7–8:30 P.M. Consumers,  
 families & friends, DePaul Conference Center, 18550 De Paul Dr.  
 (St. Louise). Info: Diane, 408-224-5623. (NAMI Format)

**LOS ALTOS HILLS** — 2nd Wed. of month, 6:15–8:30 P.M.  
 Jewish support group for those coping with mental illness, fami-  
 lies & friends. Congregation Beth Am, Beit Kehillah, 26790  
 Arastradero Rd. Info: Carol Irwin, mentalhealth@betham.org.  
 (NAMI Format)

**MENLO PARK** — Every Thurs. 6:45–8:30 P.M. (optional din-  
 ner, 6 P.M.) Christian support group, those coping with mental  
 illness & those supporting them. Presbyterian Church,  
 Garden Ct, 950 Santa Cruz Ave. Info: 650-464-9033.

**MTN. VIEW** — 1st/3rd Mon. of month, 7–8:30 P.M.  
 Ask for H.E.L.P. Christian Group, Abundant Life Church,  
 2440 Leghorn St, Room 5. Info: 650-625-1500 x147.

**LOS GATOS** — 3rd Fri. of month, 7–8:30 P.M.  
 Mission Oaks Campus of Good Samaritan Hospital, 15891 Los  
 Gatos-Almaden Rd, Rm. 292. Info: Diane, 408-224-5623.  
 (NAMI Format)

**OTHER SUPPORT GROUPS**

**SAN JOSE** — 3rd Wed. of month, 11 A.M.– 1 P.M.  
 Parents Helping Parents, for caregivers of children & teens with  
 bipolar disorder. Sobrato Center for Nonprofits, 1400 Parkmoor  
 Ave., #100. Info: www.php.com or 408-727-5775.

**SAN JOSE** — Every Mon., 6:30– 8 P.M.  
 SCC Suicide & Crisis Services provides an ongoing drop-in  
 Survivors of Suicide Support Group. Signup info: Eddie Subega,  
 408-885-6216.

**SANTA CLARA** — Centre for Living with Dying  
 Individual & small-group grief support for those dealing w/life-  
 threatening illness or death of a loved one. Info: 408-980-9801.

**SAN JOSE** — Every Wed., 5:30–7:30 P.M.  
 Services for Brain Injury (SBI) hosts a free group for people  
 with brain injuries & caregivers at 60 Daggett Dr., sbicare.org.

**SE HABLA ESPAÑOL IN SAN JOSE**

**SAN JOSE** — Last Fri./month, 7–9:30 P.M.  
 1150 S Bascom Ave, Ste. 24 Llame á Isabel Romero at  
 408-916-6193.(NAMI Format)

**SAN JOSE** — ACT for Mental Health, Inc. en Español,  
 441 Park Ave. Armenda Sousa, Ph.D., 408-287-2640.

**NOTE:** Depression and Bipolar Support Alliance has launched a  
 Spanish language website, www.dbsalianza.org.

**ASIAN-COMMUNITY SUPPORT GROUPS**

**CUPERTINO (Korean)** — 4th Tues./month, 6:30–8:30 P.M.  
 Family/Consumer Group. Call for location. Kyo, 408-712-1149.  
 (NAMI Format)

**CUPERTINO (Cantonese)** — 2nd Thurs./month, 7–9 P.M.  
 Family (primary) & Consumer Group, Valley Church of  
 Cupertino, 10885 N. Stelling Rd. Info: Katherine Fok,  
 650-961-2751. (NAMI Format)

**MTN. VIEW (Mandarin)** — 3rd Thurs. /month, 7–9 P.M.  
 Christian Group, Mtn. View Chinese Christian Church,  
 175 E. Dana (Hwy 237/85). Info: Jen Hong, 408-996-1016.  
 (NAMI Format)

**SANTA CLARA (Mandarin)** — 4th Thurs./month, 7–9 P.M.  
 River of Life Christian Church (ROLCC), 1177 Laurelwood Rd.  
 Info: Chiao-Wen Chen, 408-338-9161. (NAMI Format)

**SAN JOSE (Mandarin)** — 1st Thurs./month, 7–8:30 P.M.  
 Momentum, 2001 The Alameda. Info: Jill Chen-Kuendig,  
 650-576-9712; Chia-Ling Mao, 408-924-3152; Angie Yu, 415-  
 987-6973. (NAMI Format)

**SANTA CLARA (Mandarin)** — 2nd Sat./month 4– 6 P.M.  
 River of Life Christian Church, E6, 1177 Laurelwood Rd, Info:  
 Albert Wu, 650-855-9000; Philip Chang, 650-333-0771.  
 (NAMI Format)

**SUNNYVALE (English)** — 1st, 3rd Thurs./month, 7–9 P.M.  
 API (Asian Pacific Islanders) Adult & Young Adult Peer Support  
 Group. Info: Sophia Huang, 408-623-9711.

**THERAPEUTIC SERVICES/SELF-HELP CENTERS**

We no longer list the day-by-day classes and groups offered by  
 Grace Community Center and the three self-help centers for con-  
 sumers. Please call all centers for information, including upcom-  
 ing events. Here is contact information for each center:

- ◆ Grace Community Center 408-293-0422  
 484 E. San Fernando Street, San Jose  
<http://sanjoseca.gov/facilities/facility/details/300>
- ◆ Zephyr Central County Self-Help Center 408-792-2140  
 Downtown Mental Health, 1075 E. Santa Clara Street,  
 San Jose (Enter at rear of bldg.)
- ◆ South County Self-Help Center 408-852-2460  
 1235 First Street, Gilroy

**NOTE:** Phoenix North Co. Self-Help Center is currently closed.

