

PEER-LED RECOVERY *Connection* SUPPORT GROUPS

Hybrid

Wednesdays

Led by Wellness Center Central
9:45 AM - 10:45 AM

Wellness Center Central

401 S. Tustin St. #C
Orange, CA 92866

Zoom link:

<https://pathways.zoom.us/j/82450472205>

Meeting ID: 824 5047 2205

Saturdays

Led by Wellness Center Central
1:00 PM - 2:00 PM

Wellness Center Central

401 S. Tustin St. #C
Orange, CA 92866

Zoom link:

<https://pathways.zoom.us/j/82523848811>

Meeting ID: 825 2384 8811

In-Person

Mondays

Led by Barn Life
6:30 PM - 8:00 PM
126 E. 16th St
Costa Mesa, CA 92627

Wednesdays

Led by Wellness Center South
5:30 PM - 6:20 PM
23072 Lake Center Dr Suite 115
Lake Forest, CA 92630
Courage Room

Saturdays

Led by Wellness Center West
11:00 AM - 12:30 PM
11277 Garden Grove Blvd #101A
Garden Grove, CA 92843

Fourth Wednesday

Led by St. Kilian Church
6:00 PM - 7:00 PM
26872 Estanciero Drive
Mission Viejo, CA 92692
Parish Center Classrooms 4-5

For more information:



(714) 544-8488



namioc.org



edubinsky@namioc.org

NAMI|OC

WarmLine

24/7 Mental Health Support

Call or Text: (714) 991-6412

Toll free: (877) 910-9276

LiveChat at: namioc.org

Email: wl@namioc.org

Please Note:

If you plan to attend support group meetings at the Wellness Centers, please be aware that these locations require a membership. Membership is free for the Wellness Centers.

About Peer Support Groups

These support groups are intended for peers ONLY. It encourages empathy, productive discussion and a sense of community. You'll benefit from other's experiences, discover your inner strength and empower yourself by sharing your own experiences in a non-judgmental space. All support groups involve active participation and are NOT open for observation.