

LOCATION	SUPPORT GROUP	DAYS/TIMES	DESCRIPTIONS
Monroe County – Rochester NAMI Rochester Office, Suite 103 320 N. Goodman Street Rochester, NY 14607 (585) 423-1593	Connection Recovery Support Group	2 nd Thursday of each month & 4 th Monday of each month 6:30 PM to 8:00 PM	This is a no-cost recovery support group for adults affected by mental illness regardless of their diagnoses. The group is led by trained peers and offers a casual and relaxed approach to sharing the challenges and successes of coping with mental illness.
Monroe County – Rochester NAMI Rochester Office, Suite 103 320 N. Goodman Street Rochester, NY 14607 (585) 423-1593	Family & Friends Support Group	2 nd Wednesday of each month 1:00 PM to 2:30 PM	This group provides support to families and friends of people affected by mental illness. The group is facilitated by trained NAMI members who have a loved one affected by mental illness.
Monroe County – Rochester* *Children's Institute, Inc. 274 N. Goodman Street, Suite D103 Rochester, NY 14607 (585) 423-1593	Family & Friends Support Group*	4 th Monday of each month* 6:30 PM to 8:00 PM *Please note the location.	
Ontario County – Canandaigua St. John's Episcopal Church Vestry Meeting Room 183 N. Main Street Canandaigua, NY 14427 (585) 396-9903	Family & Friends Support Group	3 rd Tuesday of each month 6:30 PM to 8:00 PM	
Wayne County – Williamson First Baptist Church of Williamson 4212 E. Main Street Williamson, NY 14589 (585) 423-1593	Support Group for individuals and families affected by mental illness.	2 nd Thursday of each month 7:00 PM to 8:30 PM	This group is open to individuals living with mental illness, as well as family members, friends, and caregivers of people affected by mental illness.