

If you've ever felt alone
because you or a loved one
has a mental health
condition, the
NAMI community is here
for you.

YOU ARE
NOT
ALONE



**Waukesha Program Office &
Administration:**
217 Wisconsin Ave, Suite 300
Waukesha, WI 53186

Milwaukee Program Office:
1915 N. Dr. Martin Luther King Jr. Dr.
Milwaukee, WI 53212



**Waukesha Program Office &
Administration:**
262-524-8886

Milwaukee Program Office:
414-344-0447



www.namisoutheastwi.org



info@namisoutheastwi.org

NAMI Southeast WI has made every attempt to ensure accuracy and reliability of the information contained in this brochure. To confirm details, please visit namisoutheastwi.org/support or contact us at info@namisoutheastwi.org.

For a searchable table of additional support in the area, go to namisoutheastwi.org/resources.

Participants of in-person support groups will be required to follow the guidelines of the local, state, and federal communities for health and safety.

*This document was last revised:
December 2021*

Support Group Listings



National Alliance on Mental Illness

**Southeast
Wisconsin**

Serving Milwaukee, Waukesha, and Jefferson Counties

For loved ones of an individual living with a mental health condition:

Family Support Group - In Person

2nd Monday

6:30 - 8:00 PM

Meadowbrook Church

1025 N 70th St

Wauwatosa, WI 53213

414-326-3461 or sschoenmarklin@namisoutheastwi.org

Family Support Group - In Person

3rd Tuesday

6:30 - 7:30 PM

NAMI Southeast WI Waukesha Program Office

217 Wisconsin Ave, Suite 300

Waukesha, WI 53186

262-409-2743 or dfischer@namisoutheastwi.org

Family Support Group - Virtual*

4th Wednesday

6:30 - 8:00 PM

414-326-3461 or sschoenmarklin@namisoutheastwi.org

Family Support Group - In Person

1st & 3rd Wednesdays

6:30 - 7:30 PM

Thirst Church

1260 Brown St.

Oconomowoc, WI 53066

262-409-2743 or dfischer@namisoutheastwi.org

Family Support Group - In Person

3rd Thursday

6:30 - 8:00 PM

Jackson Park Lutheran Church

4535 W Oklahoma Ave

Milwaukee, WI 53219

414-326-3461 or sschoenmarklin@namisoutheastwi.org

For family members and friends 18+ who have lost a loved one to suicide:

Survivors Helping Survivors - In Person*

2nd Tuesday

6:30 - 7:30 PM

Location shared with registered participants.

Waukesha, WI 53186

jsmith@namisoutheastwi.org

Survivors Helping Survivors - Virtual*

4th Tuesday

7:00 - 8:00 PM

jsmith@namisoutheastwi.org

For parents and caregivers of children 18 and younger with a mental health condition or emotional difficulties:

Parent Peer Support Group - In Person

1st Wednesday

6:30-8:30 PM

NAMI Southeast WI Waukesha Program Office

217 Wisconsin Ave, Suite 300

Waukesha, WI 53186

262-409-2743 or dfischer@namisoutheastwi.org

Parent Peer Support Group - Virtual*

3rd Wednesday

6:30-8:30 PM

262-409-2743 or dfischer@namisoutheastwi.org

For individuals living with a mental health condition:

NAMI Connections - Virtual*

Saturdays

10:00 - 11:30 AM

414-326-3454 or tjemison@namisoutheastwi.org

Peer Support Group - In Person

1st Tuesday

6:00 - 7:30 PM

Northview Building

1721 Northview Rd

Waukesha, WI

262-409-2743 or dfischer@namisoutheastwi.org

For women who have been diagnosed with Post-Traumatic Stress Disorder (PTSD) or Complex PTSD:

The Journey - In Person*

2nd & 4th Tuesdays

1:00 - 2:30 PM

NAMI Southeast WI Milwaukee Program Office

1915 N. MLK Jr. Dr.

Milwaukee, WI 53212

414-326-3454 or tjemison@namisoutheastwi.org

**Registration is required for all virtual support groups. Registration is also required for Survivors Helping Survivors and The Journey, due to the topics discussed.*



I don't have to walk in someone else's shoes or have those same exact experiences to empathize, to be supportive, to listen, to not judge, to not try to fix, but hear and try to meet someone where they are at.

Connections Participant