

## Updated List For Peer Led Groups In Delaware June 2024

<b>NAMI DE (Groups, Classes &amp; Trainings - NAMI (namidelaware.org))</b>			
<b>NAMI Family Support Group: In-Person Meetings</b>	3rd Wednesday of each month	6:30-8:00 pm	Lewes Presbyterian Church 133 Kings Highway Lewes, DE 19958
<b>NAMI Family Support Group: Online</b>	1st Monday & 2nd Thursday of each month	7:00-8:00 pm	Zoom
<b>NAMI Family Support Group</b>	3rd Monday of each month	7:00-8:00 pm	Zoom
<b>NAMI Delaware Connection Recovery Support Group Online</b>	Every 1st & 3 <sup>rd</sup> Thursday of the month	6:30-7:30 pm	Zoom

<b>MHA (Wellness Group Schedule – Mental Health Association in Delaware (mhainde.org))</b>			
<b>Survivors of Suicide for Grief and Healing Group</b>	1st and 3rd Monday of Every Month	5:30-7:30pm	Lewes
<b>Survivors of Suicide for Grief and Healing Group</b>	Second Thursday of Every Month	7:00-8:00pm	Newark
<b>Seeking Safety Wellness Group</b>	Biweekly on Tuesday	12:30-2:00pm	Wilmington Public Library (10 E 10th St, Wilmington, DE 19801) **Note: Registration is not required for this group; walk-ins are welcome
<b>Depression &amp; Anxiety Wellness Group</b>	Wednesdays (weekly)	7:00-8:30pm	Pike Creek
<b>Depression &amp; Anxiety Wellness Group</b>	Mondays (weekly)	1:00-2:00pm	Meeting ID: 896 7598 8843 Zoom Link: <a href="https://us02web.zoom.us/j/89675988843">https://us02web.zoom.us/j/89675988843</a>
<b>Depression &amp; Anxiety Wellness Group</b>	Wednesdays (weekly)	6:00-7:00pm	Meeting ID: 363 573 9664 Zoom Link: <a href="https://us02web.zoom.us/j/3635739664">https://us02web.zoom.us/j/3635739664</a>
<b>LGBTQ+ Wellness Group</b>	Mondays (weekly)	5:00-6:00pm	Meeting ID: 882 4630 0109 Zoom Link: <a href="https://us02web.zoom.us/j/88246300109">https://us02web.zoom.us/j/88246300109</a>
<b>Grief &amp; Loss Wellness Group</b>	Tuesdays (weekly)	1:00-2:00pm	Meeting ID: 882 1718 7748 Zoom Link: <a href="https://us02web.zoom.us/j/88217187748">https://us02web.zoom.us/s/88217187748</a>
<b>Disability Haven Wellness Group</b>	Wednesdays (weekly)	3:00-4:00pm	Meeting ID: 823 4525 3921 Zoom Link: <a href="https://us02web.zoom.us/j/82345253921">https://us02web.zoom.us/j/82345253921</a>
<b>Survivors of Suicide for Grief and Healing Group</b>	First, Third and Fourth Thursday of Every Month	7:00-8:00pm	Meeting ID: 892 7430 7306 Zoom Link: <a href="https://us02web.zoom.us/j/89274307306">https://us02web.zoom.us/j/89274307306</a>