



AWARENESS MONTH

## 2021 Fall Support Groups

### Momentum Center Support Groups

The National Alliance on Mental Illness (NAMI) Family Support Groups are free, confidential and safe groups of families helping other families who live with mental health challenges. Loved ones help one another by utilizing their collective lived experiences and learned wisdom. Group members can achieve a renewed sense of hope for their loved one living with mental health challenges.

Momentum Center - 714 Columbus Ave, Grand Haven  
Mental Health, Teen & Family Support Groups  
[www.momentumcentergh.org/resources](http://www.momentumcentergh.org/resources) -  
616 414-9111

- **Mental Illness Recovery Support Group**

- \* Grand Haven - Meeting in person at the Momentum Center
  - \* Tuesdays 6 - 7:15pm
- \* Holland - Meeting in person at the Northside Boys and Girls Club, 583 Riley St.
  - \* 1st and 3rd Thursday 6:30 - 7:45pm

- **Survivors of Loss Due to Addiction**

- \* Grand Haven - Meeting in person at the Momentum Center
  - \* 1st and 3rd Monday of the month 6-7:30pm

- **SMART Recovery**

- \* Grand Haven - Meeting in person at the Momentum Center
  - \* virtual option: [www.smartrecovery.org/community/](http://www.smartrecovery.org/community/)
  - \* Mondays 12:30pm - 2pm
  - \* Wednesdays 6:00pm - 7:30pm

- **Family Support Group**

- \* Grand Haven - Meeting in person at the Momentum Center
  - \* 2nd and 4th Tuesdays of the month at 6:00pm - 7:15pm

- **Narcan Training**

- \* If you are using opioids and need Narcan delivered to your door, go to [www.naloxoneforall.org](http://www.naloxoneforall.org) to complete the short online training session and form.

## 2021 Fall Support Groups

### BE BETTER;<sup>™</sup> Support Groups



- \* Adolescents and Young Adults
- \* Parent and Guardians
- \* Friends and relatives
- \* Family consultations
- \* Call for support group information 616 844-8896
- \* Email: [bebetter@bebetterholland.com](mailto:bebetter@bebetterholland.com), or visit: [www.bebetterholland.com](http://www.bebetterholland.com)

### DBSA SUPPORT GROUP - Depression/Bipolar/Anxiety

- \* 1st & 3rd Mondays of the month 6:30 - 8:00 pm
- \* Fair Haven Church in Jenison, 2900 Baldwin St, Enter Door 'A', Room 410
- \* 616 805-9562

### West Michigan Survivors of Suicide Support Groups:

- \* Hospice House of Holland, 445 104th Ave (between Adams & 32nd St.)
  - \* Every first Thursday of the month, 6:30 pm
  - \* For more information call Jim at 616 957-3466
- \* 270 Hoover Blvd, Holland, MI 49423
  - \* First Thursday of each month, 6:30 - 8:00 pm
  - \* 616 396-2972 ext. 5542

### Mosaic Counseling Support Groups

- \* **Teen Community Group** -
  - \* Tuesdays at 7:00 pm via Zoom
  - \* Call 616 842-9160 to join the group



Ottawa County  
**SuicidePrevention**  
Coalition

For more resources, visit  
[www.miottawa.org/suicideprevention](http://www.miottawa.org/suicideprevention)