

# Family Support

GROUPS

## In-Person

### Second Friday

Led by Elaine Huber  
6:30 PM - 8:00 PM

#### Mariner's Church

5001 Newport Coast Dr,  
Irvine, CA 92603 (Room 203)

### Second Wednesday

Led by Ellen Tarantino & Leslie  
El-Sayad | 6:30 PM - 8:00 PM

#### St. Kilian Church

26872 Estanciero Drive  
Mission Viejo, CA 92692  
Parish Center Classrooms 4-5

### Fourth Monday

Led by Lynne Thies & Christine  
Feckley | 6:00PM - 8:00 PM

#### Senior Center in Central Park

18041 Goldenwest St,  
Huntington Beach, CA 92648

## Online

### Sunday Nights

Led by Lynn Boyce  
6:30 PM - 8:00 PM

#### Zoom Link:

<https://us02web.zoom.us/j/89311714928>

Meeting ID: 893 1171 4928

### First Wednesday

Led by Dr. Brian Licuanan, PhD  
7:00 PM - 8:30 PM

#### Zoom Link:

<https://us02web.zoom.us/j/83059268756>

Meeting ID: 830 5926 8756

## For more information:



(714) 544-8488



[namioc.org](http://namioc.org)



[edubinsky@namioc.org](mailto: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](http://namioc.org)

Email: [wl@namioc.org](mailto:wl@namioc.org)

## Please Note:

Support groups involve an active participation of each participant and are NOT open for observation at the time.

## About Family Support Groups

These peer-led support groups are for any adult with a loved one who is living with a mental health condition. 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.

# Family Support

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## Hybrid

### Wednesday Nights

Led by Phyllis Lembke, Robert Ortega & Maria Del Refugio Lopez  
6:00 PM - 7:00 PM

#### OC Health Care Clinic

14140 Beach Blvd #223  
Westminster, CA 92683 (2nd Floor)

#### Zoom link:

<https://zoom.us/j/84967315318>  
Meeting ID: 849-6731-5318

### First & Third Monday

Led by Steve McNally & Liz Buckelew | 7:00 PM - 8:00 PM

#### Melinda Hoag Smith

#### Center for Healthy Living

307 Placentia Ave,  
Newport Beach, CA 92663  
Room 105A

#### First Monday Zoom Link:

<https://us02web.zoom.us/j/87880273138>

Meeting ID: 878 8027 3138

#### Third Monday Zoom Link:

<https://us02web.zoom.us/j/86022362367>

Meeting ID: 860 2236 2367

#### For Meeting Password, email

**Steve McNally:** [stmcnally1@gmail.com](mailto:stmcnally1@gmail.com)

**Liz Buckelew:** [lizsday@aol.com](mailto:lizsday@aol.com)

## Faith-Based

### Online

#### Second Tuesday

Led by Wilfred & Neena Paltanwala | 7:00 PM - 8:30 PM

#### Zoom link:

**Email Laura Estrada** for meeting link: [edubinsky@namioc.org](mailto:edubinsky@namioc.org)

#### Second & Fourth Monday

Led by Nan Ibarra  
7:00 PM - 8:30 PM

#### Zoom link:

**Email Nan Ibarra** for meeting link: [nanibarra4@gmail.com](mailto:nanibarra4@gmail.com)

### Hybrid

#### First & Third Thursday

Led by Charles & Mary Joy  
7:00 PM - 8:30 PM

#### Fullerton Free Church

2801 N Brea Blvd,  
Fullerton, CA 92835  
North Campus Room 180

#### Zoom link:

**Email Mary Joy** for meeting link: [mjoystudio@sbcglobal.net](mailto:mjoystudio@sbcglobal.net)

## Faith-Based

### In-Person

#### Second & Fourth Wednesday

Led by JoAnn & Jerry Pyne  
7:00 PM - 8:30 PM

#### St. Irenaeus Church

5201 Evergreen Ave.  
Cypress, CA 90630  
Youth Formation Office

#### Fourth Tuesday

Led by Wilfred & Neena Paltanwala | 7:00 PM - 8:30 PM  
Wilfred: (714) 827-9356

#### Magnolia Baptist Church

720 S. Magnolia Ave.  
Anaheim, CA 92804  
Conference Room