**FAMILY SUPPORT GROUPS**

**GRIEF GROUPS FOR FAMILIES**:

* **Compassionate Friends**  [www.compassionatefriends.org](http://www.compassionatefriends.org) or [www.tcfeastside.org](http://www.tcfeastside.org)
	+ Provides comfort, hope, and support to families experiencing the death of a child, sibling, or a grandchild, and helps others better assist the grieving family.
	+ Local chapter in Kirkland, currently meets virtually once a month on the 2nd Thursday at 7:30 PM
	+ Contact (425) 444-3606 or tcfeastside@gmail.com for more information
* **GRASP – Grief Recovery After Substance Passing** [www.grasphelp.org](http://www.grasphelp.org)
	+ Offers understanding, compassion, and support for those who have lost someone they love through addiction and overdose.
	+ Local Everett group meets once a month on the third Wednesday, 6:00-7:30 PM
	+ Contact (425) 258-4687 or grasp.sno@gmail.com for more information

**MENTAL HEALTH GROUPS FOR FAMILIES**:

* **NAMI – National Alliance on Mental Illness**  <https://www.nami.org/Home>
	+ NAMI Family Support Group is for family members, significant others, and friends of people with mental health conditions.
	+ To find a virtual meeting, go to <https://nami-eastside.org/online-offerings/>

**PARENTING SUPPORT GROUPS**:

* **Changes Parent Support Network**  888-468-2620 or [cpsn.org](http://www.cpsn.org)
	+ A structured, peer-led program that provides support to parents struggling with children who are engaging in oppositional and self-destructive behaviors.
	+ To join a virtual meeting call 1-888-468-2620

**SUBSTANCE USE GROUPS FOR FAMILIES**:

* **Al-Anon Family Groups**  <https://al-anon.org/newcomers/>
	+ A mutual support program for people whose lives have been affected by someone else’s drinking.
	+ To find a local meeting - <http://wa-al-anon.org/meetings/?tsml-view=list>
* **Nar-Anon Family Groups** <https://www.nar-anon.org/what-is-nar-anon>
	+ A worldwide fellowship for those affected by someone else’s addiction. A twelve-step program that offers help by sharing their experience, strength, and hope.
	+ To find a virtual or local meeting, go to <https://www.naranonpnw.org/copy-of-find-a-meeting-1>
	+ Local Bothell group meets every Monday at 7:00 PM at Bothell United Methodist Church, 18515 92nd Ave. N.E., Bothell, WA 98012 (next to Bothell High School).
* **SMART Recovery Family and Friends** [www.smartrecovery.org/family/](http://www.smartrecovery.org/family/)
	+ Provides concerned significant others the tools they need to effectively support their loved one, without supporting the addictive behavior.
	+ Local and online groups available that can be found on the website