

Local Mental Health Calendar | November 2025

Calendar by NAMI Tallahassee

Check out support groups & events happening in the community! People who have lived experience are ready to help.

For more information on calendar events, email admin@nami-tallahassee.org.

NOTE: Recovery Opportunity Collective (ROC) will be closed November 26 and 27.

November 2 - Daylight Saving Time Ends

Don't forget to "fall back" an hour on all your clocks!



November 3 – NAMI Tallahassee in Madison Family Support Group (In Person)

1st Mondays | 6:30 - 8 p.m.
CrossPointe Church, 688 North Washington Street, Madison, FL

No registration required. Open to adults 18+ who have family or friends living with mental health conditions.



November 3, 10, 17, and 24 – DBSA Support Group (In Person)

Every Monday | 7 - 8:30 p.m. ET
ROC House, 2200 Old St. Augustine Road, Tallahassee, FL

DBSA (Depression and Bipolar Support Alliance) weekly meeting.
For more info, contact Mary Alice at linzym@centurylink.net or 850-570-1916



November 4, 18, and 25 - Recovery Dharma (In Person)

NOTE: No meeting November 11.

Every Monday | 6:30 - 8:30 p.m. ET
ROC House, 2200 Old St. Augustine Road, Tallahassee, FL

A Recovery Opportunity Collective (ROC) meeting. A mindfulness-based recovery meeting inspired by Buddhist principles. Sessions include guided meditation & discussion on practical recovery tools.



November 5, 12, 19, and 26 - NAMI Connection Peer Support Group (Virtual)

Every Wednesday | 6 - 7:30 p.m. ET **AND** 4 - 5:30 p.m. ET

Open to all adults 18+ who live with mental health conditions. Diagnosis not required.

One-time registration at www.NAMISupportgroups.org



November 5, 12, and 19 - SMART Recovery (In Person)

Every Wednesday | 6 -7:30 p.m. ET
ROC House, 2200 Old St. Augustine Road, Tallahassee, FL

A Recovery Opportunity Collective (ROC) meeting. A science-based, self-empowering approach to recovery that provides practical tools for managing thoughts, emotions, and behaviors.



November 6 and 20 - NAMI LGBTQ+ Support Group (Virtual)

1st and 3rd Thursdays | 6 - 7:30 p.m. ET

This experience-based support group is for individuals 18+ who identify as part of the LGBTQ+ community. This is a safe, non-judgmental space. Mental health conditions not required.

one-time registration at www.NAMIsupportgroups.org



November 6 and 20 – Circle of Support (In Person)

9:45 a.m. ET

Support group for new moms experiencing mental health issues.

Register at <https://saintpaulsumc.org/circleofsupport>



November 6, 13, and 20 – ROC's Radically Accepting Recovery (Hybrid)

Every Thursday | 6:30 - 7:30 p.m. ET
ROC House, 2200 Old St. Augustine Road, Tallahassee, FL

An educational and tool based group that integrates concepts of radical acceptance and non-judgement with recovery pathways.

To visit the Zoom link for the group, [CLICK HERE](#).



November 9 – Sisterhood of Shared Experiences Women's Support Group (Virtual)

2nd Sunday of every month | 6 - 7:30 p.m. ET

This is a peer-led support group for women 18+ who are looking for a place of understanding, radical self-compassion, and empowerment. You do not need to have a mental health diagnosis to participate in this group.

One-time registration at <https://www.namisupportgroups.org/>.



November 11 and 25 – NAMI Family Support Group (Virtual)

Two monthly meetings | 7:00-8:30 p.m. ET

Open to adults 18+ who have family or friends living with mental health issues.

One-time registration at <https://www.namisupportgroups.org/>.



November 13 – NAMI Young Adult Support Group (Virtual)

Second Thursdays | 6 - 7:30 p.m. ET

Open to young adults age 18-25 wanting to talk about mental wellness. Mental health condition not required. Hop onto our group for conversation and find some peer support!

One-time registration at <https://www.namisupportgroups.org/>.



**November 17 – NAMI Tallahassee Board of Directors Meeting
(Virtual)**

6 p.m. ET | Open to the public

Email admin@nami-tallahassee.org for Zoom link.



November 25– Survivors of Suicide Loss Support Group (In Person)

Monthly meetings | 6:00-7:30 p.m. ET
1210 East Park Avenue, Tallahassee, FL

Grief support group for individuals dealing with a loss due to suicide. Talk openly, connect with others, and learn how to cope. Group led by a certified crisis counselor.

New members, please contact 850-617-6314.



November 27 - Thanksgiving Day

Meetings scheduled on fourth Thursdays of the month will return in December.



**November 28 – Middle and High School LGBTQ+ Support Group
(In Person)**

5:45 - 7 p.m. ET

For safety reasons, location will be disclosed after registration.

To register, email siufl.fsu.edu or call 850-354-9522



December 1 – Pregnancy & Infant Loss Support Group

10 AM ET

A support group for individuals wanting support with pregnancy and infant loss.

Register for the Zoom link through [THIS FORM](#).



December 1 – Navigating the Holidays with Grief & Trauma (Virtual)

11:30 AM ET

A group session for individuals wanting support with grief and trauma surrounding the holidays.

Register for the Zoom link through [THIS FORM](#).