

Local Mental Health Calendar | December 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.



Happy holidays to all those who celebrate!

NOTE:

NAMI Tallahassee Support Groups will be held as usual.
Recovery Opportunity Collective (ROC) will be closed December 24, 25, 31, and January 1, 2026.

December 9 and 23 – 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/>.



December 9 - ROC Social Night and Potluck (In Person)

6:30 p.m. ET

ROC House, 2200 Old St. Augustine Road, Tallahassee, FL

Bring some food (if you're able), and bring a friend! This is ROC's social night for all groups to get together, eat, and have a fun evening.



December 10, 17, 24, and 31 - 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



December 10 and 17 - 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.



11 and 18 – ROC 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](#).



December 11 – 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/>.



December 13 – ROC All Recovery Meeting (In Person)

NOTE: No meeting on December 27.

1 - 3 p.m.

ROC House, 2200 Old St. Augustine Road, Tallahassee, FL

A gathering open to anyone in recovery, regardless of pathway. Share experiences, find support & celebrate progress in a welcoming space.



December 14 – 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/>.



December 15 – NAMI Tallahassee Annual Members and Friends Winter Meeting (In Person)

6 p.m. ET | Open to the public

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



December 15 – 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



December 16, 23, and 30 - Recovery Dharma (In Person)

NOTE: No meeting December 9.

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.



December 18 - 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



December 18 – 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>



December 30 – 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.