

Local Mental Health Calendar | January 2026

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 New Year, NAMI friends!

NOTE: Recovery Opportunity Collective will be closed January 1, 2026.

January 1 and 15 - 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



January 5 – NAMI Tallahassee in Madison Family Support Group (In Person)

Monthly on 1st Mondays | 6:30 - 8 p.m. ET

CrossPointe Church, 688 North Washington Street, Madison, FL

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



Schedule Change

January 5 – NAMI Emerald Coast Family Support Group (Virtual)

4th Thursdays of the month | 6 - 7:30 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/>.



January 6, 20, and 27- 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.



January 7, 14, 21, and 28 - 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



January 7, 14, 21, and 28 - 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.



January 8 - 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/>.



January 8, 15, 22, and 29 – 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](#).



January 11 – 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/>.



January 12 – 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



Schedule Change **January 13 – NAMI Family Support Group (Virtual)**

2nd Tuesdays of the month | 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/>.



January 13 – Social Night at ROC (In Person)

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

Bring some food, bring a friend! This is our once monthly social night for all groups to get together, eat and have a fun evening.



January 15 – Circle of Support (In Person)

Once a month | 9:45 a.m. ET

Support group for new moms experiencing mental health issues.

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



NEW NEW NEW!

January 22 – NAMI Tallahassee Neurodivergent Support Group (Virtual)

4th Thursdays of the month | 7 - 8:30 p.m.

These support groups are for those of us who identify as neurodivergent or experience the world in unique ways. Join a welcoming and understanding environment where you can explore identity, share lived experiences, and build self-advocacy and resilience within a supportive peer community.

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



January 22 – LGBTQ+ Senior Support Group (In Person)

4th Thursday of the month | 11:30 a.m. - 12:30 p.m.

Hosted by Capital Tea and Elder Care Services at the Tallahassee Senior Center
1400 North Monroe Street, Tallahassee, FL



January 22 – Coping Connections and HealthyU (Virtual)

Monthly support and conversation about coping and health. All are welcome.

For Zoom link and more information, contact Jackie Robinson at
coping.connections2@gmail.com



January 24 – ROC All Recovery/DBSA Meeting (In Person)

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.



January 27 – 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.