

# Local Mental Health Calendar | February 2026

## Calendar by NAMI Tallahassee

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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](mailto:admin@nami-tallahassee.org).

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### February 2 – 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.



### February 2 and 16 – DBSA Support Group (In Person)

7 - 8:30 p.m. ET

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

DBSA (Depression and Bipolar Support Alliance) meets most Mondays.

For more info, contact Mary Alice at [linzym@centurylink.net](mailto:linzym@centurylink.net) or 850-570-1916



## **February 3, 10, 17, and 24 - Recovery Dharma (In Person)**

Every Tuesday | 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.



## **February 4, 11, 18, and 25 - NAMI Connection Peer Support Group (Virtual)**

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

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

One-time registration at [www.NAMIsupportgroups.org](http://www.NAMIsupportgroups.org)



## **February 4, 11, 18, and 25 - 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.



## **February 5 and 19 - NAMI LGBTQ+ Support Group (Virtual)**

1st and 3rd Thursdays | 6 - 7:30p.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](http://www.NAMISupportgroups.org)



## **February 5 and 19 – Circle of Support, New Moms (In Person)**

Twice a month | 10 - 11:30 a.m. ET

The Parlor, SPUMC campus (entrance near basketball court)  
1700 North Meridian Road Tallahassee, FL 32303

Supporting moms after the birth of a child. Often moms suffer in silence; however, support can alleviate isolation and provide the opportunity to connect in a safe and non-judgmental environment with other mothers.

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



## **February 8 – 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/>.



## **Feb 10 and 26 – NAMI Family Support Group (Virtual)**

2nd Tuesdays and 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/>.



## **February 10 - ROC Board of Directors Meeting (In Person)**

5:30 - 6:30 p.m. ET

All are welcome. Agenda is strictly followed.



## **February 10 – Social Night at ROC (In Person)**

6:30 - 7:30p.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.



## **February 12 - NAMI Tallahassee Young Adult Support Group (Virtual)**

2nd Thursdays of every month | 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/>.



## **February 14 and 18 – All Recovery/DBSA Meeting (In Person)**

2nd and 4th Saturdays of the month | 1 - 3 p.m.  
ROC House, 2200 Old St. Augustine Road, Tallahassee, FL

A Recovery Opportunity Collective (ROC) and Depression and Bipolar Support Alliance (DBSA) are partnering together to offer this group. Open to anyone in recovery, regardless of pathway. Share experiences, find support & celebrate progress in a welcoming space.

No registration required.



**NEW NEW NEW!**

## **February 16 - Capital Area Healthy Start Pregnancy & Infant Loss Support Group (Virtual)**

3rd Mondays of the month | 10 - 11a.m. ET

Register at <https://form.jotform.com/251183976085163>



**NEW NEW NEW!**

## **February 16 - Capital Area Healthy Start Maternal Mental Health Support Group (Virtual)**

3rd Mondays of the month | 11:30 - 12:30 a.m. ET

Register at <https://form.jotform.com/251183976085163>



## **February 24 - Survivors of Suicide Loss Support Group (In Person)**

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

A 211 Big Bend support group. This support group is 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.



## **February 26 – NAMI Tallahassee Neurodivergent Support Group (Virtual)**

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

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/>



## **February 26 – LGBTQ+ Senior Support Group (In Person)**

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

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

No registration required.



## **February 26 – 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](mailto:coping.connections2@gmail.com)



## **February 27 - Middle & High School LGBTQIA+ Support Group (In Person)**

Every 4th Friday of the month | 5:45 - 7p.m. ET

To find out more, including location, email [siufl.fsu.edu](mailto:siufl.fsu.edu) or call (850)354-9522.