

Local Mental Health Calendar | March 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.

March 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.



March 2, 9, 15, 23, and 30 – 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 or 850-570-1916



March 3 - Recovery Dharma (In Person)

Every Tuesday | 6:30 - 8 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.



New, New, New!

Dual Diagnosis Anonymous (In Person)

March 3, 10, 17, 24, and 31 | 12 - 1 p.m.
March 4, 11, 18, and 25 | 6:30 - 7:30 p.m.

Every Tuesday and Wednesday

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

A Recovery Opportunity Collective (ROC) meeting. This group offers a space for people navigating both mental health challenges and substance use.



March 4, 11, 18, and 25 - NAMI Connection Peer Support Group (Virtual)

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

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

One-time registration at www.NAMIsupportgroups.org



March 5 and 19 - 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



March 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>



March 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/>.



March 10 and 26 – NAMI Family Support Group (Virtual)

2nd Tuesdays and 4th Thursdays of the month | 7 - 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/>.



March 10 – Multiple Pathways to Recovery: Social Night at ROC (In Person)

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.



March 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/>.



March 14 and 18 – All Recovery/DBSA Meeting (In Person)

2nd and 4th Saturdays of the month | 1 - 3 p.m. ET
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.



March 16 - Capital Area Healthy Start Pregnancy & Infant Loss Support Group (Virtual)

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

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



March 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>



March 17 - Multiple Pathways to Recovery: SMART Recovery (In Person)

6:30 - 8 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.



March 24 - Multiple Pathways to Recovery: Open Discussion (In Person)

6:30 - 8 p.m. ET

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

A peer-led group night where we explore alternatives and compliments to 12-step approaches to recovery, includes meditation, science-based recovery strategies, and social events and open discussions. All are welcome regardless of their journey.



March 26 – NAMI Tallahassee Neurodivergent Support Group (Virtual)

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



March 26 – LGBTQ+ Senior Support Group (In Person)

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

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

No registration required.



March 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



March 27 - Middle & High School LGBTQIA+ Support Group (In Person)

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

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



March 31 - Big Bend Survivors of Suicide Loss Support Group (In Person)

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

A 211 Big Bend support group. This support group (also called SOS) 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 Stephen at (850)617-6314.



**March 31 - Multiple Pathways to Recovery: Open Discussion
(In Person)**

6:30 - 8 p.m. ET

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

A peer-led group night where we explore alternatives and compliments to 12-step approaches to recovery, includes meditation, science-based recovery strategies, and social events and open discussions. All are welcome regardless of their journey.