

NAMI Chattanooga Support Group Meetings

There are two NAMI Chattanooga support group meetings each month as follows:

Our support group meetings are open to any person who is dealing with a mental illness or mental health situation with themselves or someone they are concerned about. You do not have to be a member of NAMI to attend.

The first Tuesday of the month we meet at 11:30 AM at Wally's Restaurant in East Ridge, TN
The address is: 6521 Ringgold Rd. East Ridge, TN 37412.

Wally's is the first business on the right after you exit onto Ringgold Rd. from I-75.
The meetings are held in a private room on the right behind the cashier's counter after you enter the Restaurant. There is normally a NAMI sign in the window of the meeting room.
It is a lunch meeting but purchasing lunch from the menu is optional.

The third Tuesday of each month* we meet at 6:30 PM at Joe Johnson Mental Health Center in North Chattanooga. That address is 420 **Bell Ave, Chattanooga, TN 37405.**

Bell Ave. turns right off North Market St. headed South into Chattanooga. The center is located on the left about two blocks after you turn onto Bell Ave. just past a construction company. There is parking in front and on the side. You enter the front entrance of the center and go down a long hall to the end then turn right down another hall and the meeting room is near the end of that hall on the right. There are normally signs that direct you.

*exception, there is no evening support group meeting in December.