

## Monthly Support Groups

**\*Resources \* Support \* Hope \***

**\*POUGHKEEPSIE \* DOVER PLAINS \*WAPPINGERS FALLS \* KINGSTON \***

Groups for families and friends with loved ones who have a mental illness (brain disorder).

### **POUGHKEEPSIE SUPPORT GROUP**

MidHudson Regional Hospital of Westchester Medical Center  
(formerly St. Francis Hospital)  
Thorne Conference Room  
241 North Road Poughkeepsie NY  
3rd Tuesday of Every Month 6:30 pm - 8:30 pm

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### **DOVER PLAINS SUPPORT GROUP**

Dover High School  
Library Conference Room  
2368 Route 22 Dover Plains NY  
1st Wednesday of Every Month 6:30 pm - 8:30 pm  
(Summer Months and School Closings, please call for location)

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### **WAPPINGERS FALLS SUPPORT GROUP**

Perkins Restaurant & Bakery  
(Back Room)  
1576 US 9 Wappingers Falls NY  
2nd Monday of Every Month 6:30 pm - 8:30 pm

### **Spanish/English Support Group**

Adriance Memorial Library  
Teen Study Room 2<sup>nd</sup> Floor  
93 Market Street Poughkeepsie NY  
3<sup>rd</sup> Monday of Every Month 6:00 pm – 7:30 pm  
(Free Parking and Easy Access around the other side of building.  
Please follow signs to 22 Noxon Street Parking lot.)

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### **KINGSTON SUPPORT GROUP**

Mental Health Association Building  
300 Aaron Court Kingston NY  
1st and 3rd Monday of every month 6:00 pm - 7:30 pm  
(Closed on Federal Holidays)

For Directions, please visit: [www.namimidhudson.org](http://www.namimidhudson.org)