



Ottawa County

**SuicidePrevention**  
Coalition

## Support Groups

### Momentum Center Support Groups

The National Alliance on Mental Illness (NAMI) Family Support Groups are free, confidential and safe groups of families helping other families who live with mental health challenges. Loved ones help one another by utilizing their collective lived experiences and learned wisdom. Group members can achieve a renewed sense of hope for their loved one living with mental health challenges.

#### Momentum Center - two locations

- ◆ **Grand Haven** 714 Columbus Ave. - Mental Health, Teen & Family Support Groups  
[www.momentumcentergh.org/resources](http://www.momentumcentergh.org/resources) - 616 414-9111
  - **Mental Illness Recovery Support Group**
    - \* Grand Haven - Meeting at the Momentum Center  
Every Tuesday 6 - 7:15pm
    - \* Holland - Meeting at the Momentum Center  
1st and 3rd Thursday of the month 6:00 - 7:15pm
  - **Support Group for Loss Due to Addiction**
    - \* Grand Haven - Meeting at the Momentum Center  
1st and 3rd Monday of the month 6:00 - 7:30pm  
Call 616 414-9111
  - **SMART Recovery**
    - \* Grand Haven - Meeting at the Momentum Center  
Every Monday 12:30pm - 2pm  
Email [smarthollandmi@gmail.com](mailto:smarthollandmi@gmail.com) or call 517 862-5394
  - **Family Support Group**
    - \* Grand Haven - Meeting at the Momentum Center  
2nd Tuesday of the month at 6:00pm - 7:15pm  
Email [hello@momentumcentergh.org](mailto:hello@momentumcentergh.org) or call 616 414-9111
- ◆ **Holland** 345 W. 14th St. - Social and Recreational Programs, Mental Illness Recovery Support Group - [www.momentumcentergh.org/holland](http://www.momentumcentergh.org/holland) - 616 422-5688
  - **Mental Illness Recovery Support Group**
    - \* Holland - Meeting at the Momentum Center Every 1st and 3rd Thursday of the Month 6pm - 7:15pm

### West Michigan Survivors of Suicide Support Groups:

- ◆ Hospice House of Holland, 445 104th Ave (between Adams & 32nd St.)
  - \* Every first Thursday of the month, 6:30 pm
  - \* For more information call Jim at 616 957-3466
  - \* 270 Hoover Blvd, Holland, MI 49423
  - \* First Thursday of each month, 6:30 - 8:00 pm
  - \* 616 396-2972 ext. 5542

## Support Groups

### BE BETTER;<sup>TM</sup> Support Groups

Be Better; bridges gaps to mental wellness. Our mission is to empower teens, young adults, and their support networks to prevent suicide and achieve life long mental wellness. We will answer the question, "Now What?" and walk along side you. All of our services are free. Please see our website at <https://bebetterholland.com/>.

- \* Teens 13 - 17  
virtually (online) 1st & 3rd Monday of the month 6:00 - 7:00 pm
- \* Young Adults 18 -24 - Hope Church  
In-person 1st & 3rd Thursday of the month 6:00 - 7:00 pm
- \* Parent and Guardians  
virtually (online) 1st & 3rd Wednesday of the month 9:30 - 10:30 am
- \* Friends and relatives  
In-person the last Monday of the month 6:00 - 7:00 pm
- \* Family consultations
- \* Call for support group information 616 844-8896
- \* Email: [bebetter@bebetterholland.com](mailto:bebetter@bebetterholland.com), or visit: <https://bebetterholland.com/>



### Mosaic Counseling and BE BETTER - Loss to Suicide Support Group

- \* Holland Collaboration to offer a no-charge, in-person Support Group
- \* Be Better location -1180 Ottawa Beach Road
- \* Last Monday of each month 6:00 - 7:00 pm
- \* Call 616 844-8896 or [Click Here to sign up](#)

### Mosaic Counseling - Support Group

- \* Mosaic Counseling - 1703 S. Despelder St., Grand Haven
- \* Teen Community Group - (Virtual-Zoom)  
Tuesdays at 7:00 pm  
Call 616 842-9160 to join the group

### DBSA SUPPORT GROUP - Depression/Bipolar/Anxiety

- ◆ Fair Haven Church in Jenison, 2900 Baldwin St, Enter Door 'A', Room 410
  - \* 1st & 3rd Mondays of the month 6:30 - 8:00 pm
  - \* 616 805-9562

### Narcan Training

- \* If you are using opioids and need Narcan delivered to your door, go to [www.naloxoneforall.org](http://www.naloxoneforall.org) to complete the short online training session and form.



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For more resources, visit  
**[www.miottawa.org/ suicideprevention](http://www.miottawa.org/suicideprevention)**