



FAMILY/CAREGIVER SUPPORT GROUP

Are you looking for support and information to cope with your adult loved one's mental illness? NAMI Tri-Valley offers a twice-monthly Family/Caregiver Support Group that is free and no registration required.

This is a peer facilitated informal open-agenda format group for parents, spouses, siblings, and friends of adults with or suspected of having mood or psychotic disorders. Resources, information about disorders and advocacy are also provided.

LIVERMORE

Every 2nd Monday of the month

7:00 p.m. to 8:30 p.m.

**Livermore Library Board Room
1188 So. Livermore Avenue
Livermore, CA 94550**

PLEASANTON

Every 4th Monday of the month

7:15 p.m. to 9:00 p.m.

**5674 Stoneridge Drive, Suite 114,
Pleasanton, CA 94588**

For further information, please contact:

Marsha McInnis

Family & Parent Support Group Coordinator

Phone: (925) 980-5331

E-mail: marsha@nami-trivalley.org

NAMI Tri-Valley is a 501 (C) (3) all volunteer non-profit organization. NAMI Tri-Valley, in collaboration with other community agencies and organizations, is dedicated to improving the quality of life for those whose lives are affected by mental illness, by providing support, resource information, education programs, and advocacy.

Revised: 6/2019