

NAMI TRI-VALLEY MENTAL HEALTH SUPPORT GROUPS

NAMI Tri-Valley Family/Caregiver Support Group — 7:00 p.m. to 8:30 p.m.

Second Monday of each month

Families network, encourage, and support each other through the challenges of advocating and caring for adult loved ones who are diagnosed with a severe mental illness. Resources and information are provided as well. There is no cost.

Livermore Public Library, 1188 So. Livermore Ave., Livermore

Contact: Marsha McInnis, (925) 980-5331 or e-mail marsha@nami-trivalley.org

NAMI Tri-Valley Parent Resource and Support Group — 7:00 p.m. to 9:00 p.m.

Third Tuesday of each month

A monthly parent support group for parents with children diagnosed with or suspected of having mood disorders or mental illness. There is no cost.

5674 Stoneridge Dr., Suite #114, Pleasanton

Contact: Marsha McInnis, (925) 980-5331 or e-mail marsha@nami-trivalley.org

NAMI Tri-Valley Family/Caregiver Support Group — 7:15 p.m. to 9:00 p.m.

Fourth Monday of each month

Families network, encourage, and support each other through the challenges of advocating and caring for adult loved ones who are diagnosed with a severe mental illness. Resources and information are provided as well. There is no cost.

5674 Stoneridge Dr., Suite #114, Pleasanton

Contact: Marsha McInnis, (925) 980-5331 or e-mail marsha@nami-trivalley.org

OTHER MENTAL HEALTH SUPPORT GROUPS

Depression and Bipolar Support Alliance (DBSA) Tri-Valley Chapter

Tri-Valley DBSA Support Group

Every Wednesday

10:00 a.m. to 11:00 a.m.

Valley Wellness Center

3900 Valley Ave., Suite B, Pleasanton

Contact: Mark 510-227-0618 or

e-mail: dbsapleasanton@gmail.com

Tri-Valley DBSA Support Group

Every Wednesday

7:15 p.m. to 8:45 p.m.

St. Clare's Episcopal Church, Classroom 1

3350 Hopyard Rd., Pleasanton

Contact: Mark 510-227-0618 or

e-mail: dbsapleasanton@gmail.com

Tri-Valley Survivors of Suicide – Pleasanton/Livermore

Tri-Valley Survivors of Suicide is a support group of individuals and families who have experienced loss through a death by suicide. Facilitated by peer/professionals. Counties served: Alameda, Contra Costa, San Joaquin (East)

2nd Monday of each month

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

Meets at a private home

P.O. Box 565, Sunol, CA 94586

Contact: Shirley Kaminsky, R.N., (925) 872-5634 or Cyndi Deal, (925) 828-2011

e-mail: trivalleysos@yahoo.com

Children and Adults with Attention Deficit/Hyperactivity Disorder (CHAAD)

Tri-Valley Parent Support Meeting

Meetings are the second Wednesday of the month from 7:00 - 8:45 p.m. during the school year

Location: Characters Café and Coffee Roasterz, 5424 Sunol Blvd, Pleasanton

Contact: Stephanie Katz by e-mail: stefani@festoonery.com