

## NAMI TRI-VALLEY MENTAL HEALTH SUPPORT GROUPS

### **NAMI Tri-Valley Family/Caregiver Support Group — 7:15 p.m. to 9:00 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](mailto: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](mailto: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](mailto:marsha@nami-trivalley.org)

## OTHER MENTAL HEALTH SUPPORT GROUPS

### **Depression and Bipolar Support Alliance (DBSA) Chapters**

#### **Tri-Valley Bipolar 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](mailto: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](mailto: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](mailto:stefani@festoonery.com)