



NAMI TRI-VALLEY SUPPORT GROUPS

FAMILY/CAREGIVER SUPPORT GROUPS (ADULT)

NAMI Tri-Valley Family/Caregiver Support Group — Livermore

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.

Address: Livermore Public Library, Board Room, 1188 So. Livermore Ave., Livermore

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

NAMI Tri-Valley Family/Caregiver Support Group — Pleasanton

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.

Address: 5674 Stoneridge Dr. #114, Pleasanton

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

PARENT RESOURCE AND SUPPORT GROUP (PARENTS OF CHILDREN/TEENS)

Parent Resource and Support Group

12:00 p.m. to 2:00 p.m.

Third Tuesday of each month

A monthly parent support group for parents with children under the age of 18 diagnosed with or suspected of having a psychiatric problem. There is no cost.

Address: 5674 Stoneridge Dr. #114, Pleasanton

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

NAMI CONNECTIONS RECOVERY SUPPORT GROUP (PEER)

Connections Recovery Support Group

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

Every Wednesday

A weekly support group for persons living with a mental illness. Age 18 and up. There is no cost. NAMI Connection Recovery Support Group is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

Address: St. Clare's Episcopal Church, 3350 Hopyard Road, Pleasanton

Contact: marsha@nami-trivalley.org