

NAMI TRI-VALLEY MENTAL HEALTH SUPPORT GROUPS

FAMILY/CAREGIVER SUPPORT GROUPS (ADULT MENTAL HEALTH)

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.

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.

5674 Stoneridge Dr. #114, Pleasanton

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

PARENT RESOURCE AND SUPPORT GROUP (CHILDREN/TEEN MENTAL HEALTH)

STARTING FEBRUARY 19, 2019 – NEW TIME!

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

Third Tuesday of each month

A monthly parent support group for parents with children diagnosed with or suspected of having a mental health problem. There is no cost.

5674 Stoneridge Dr. #114, Pleasanton

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

NAMI CONNECTIONS RECOVERY SUPPORT GROUPS (PEER)

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.

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

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

OTHER MENTAL HEALTH SUPPORT GROUPS

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