

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)

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.

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.

NAMI Connection Recovery 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.

St. Clare's Episcopal Church, Room 1

3350 Hopyard Road, Pleasanton

Contact: Gwen Lewis, (925) 980-4569