



# PARENT RESOURCE & SUPPORT GROUP

**Are you looking for support and information to cope with your child's behavior?** NAMI Tri-Valley offers a once monthly Parent Resource and Support Group that is free and no registration required.

This is a peer parent facilitated informal open-agenda format group for parents, grandparents, adoptive and foster parents raising children/adolescents up to age 17 diagnosed with or suspected of having behavioral, mood or psychotic disorders. Resources, information about child/adolescent disorders and advocacy are also provided.

**Every 3rd Tuesday of the month**

**7:00 p.m. to 8:30 p.m.**

**ALL GROUPS ARE NOW CONDUCTED  
ON ZOOM VIDEO CONFERENCING**

*For further information, and Zoom Link, please contact:*

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NAMI Tri-Valley is a 501 (C) (3) all volunteer non-profit organization. NAMI Tri-Valley, in collaboration with other community agencies and organizations, is dedicated to improving the quality of life for those whose lives are affected by mental illness, by providing support, resource information, education programs, and advocacy.

Revised: 2/2021

NAMI Tri-Valley • P.O. Box 5563 • Pleasanton, CA 94566 • [www.nami-trivalley.org](http://www.nami-trivalley.org)