

NAMI Tri-Valley Mental Health Support Groups

<p><i>First Monday of the month</i> 7:00 p.m. to 9:00 p.m. NAMI Tri-Valley Monthly Meeting</p>	▶	<p>Livermore Public Library, 1188 So. Livermore Ave., Livermore Contact: Marsha McInnis, (925) 980-5331 e-mail: marsha@nami-trivalley.org</p>
<p><i>First and third Tuesdays of each month</i> 7:00 p.m. to 9:00 p.m. Parent Resource and Support Group <i>A twice-monthly parent support group for parents with children diagnosed with or suspected of having bipolar or other mood disorders</i></p>	▶	<p>Pathways To Wellness 5674 Stoneridge Dr., Suite #114, Pleasanton Contact: Suzi Glorioso, (925) 443-1797 e-mail: glorios4@comcast.net</p>
<p><i>Second Monday of the month</i> 7:15 p.m. to 9:00 p.m. NAMI Tri-Valley Family Support Group</p>	▶	<p>Livermore Public Library, 1188 So. Livermore Ave., Livermore Contact: Marsha McInnis, (925) 980-5331 e-mail: marsha@nami-trivalley.org</p>
<p><i>Third Monday of the month</i> 7:15 p.m. to 9:00 p.m. NAMI Tri-Valley Family Support Group</p>	▶	<p>Pathways To Wellness 5674 Stoneridge Dr., Suite #114, Pleasanton Contact: Marsha McInnis, (925) 980-5331 e-mail: marsha_mci@comcast.net</p>

Non-NAMI Tri-Valley Mental Health Support Groups

Depression and Bipolar Support Alliance (DBSA) Chapters		
<p><i>Every Wednesday</i> 7:15 p.m. to 8:45 p.m. Tri-Valley Bipolar Support Group</p>	▶	<p>St. Clare's Episcopal Church, Classroom 1 3350 Hopyard Rd., Pleasanton Contact: Al Pereira (925) 462-6415 e-mail: dbsa.trivalley@comcast.net</p>
<p><i>Every Friday</i> 7:15 p.m. to 8:45 p.m. Castro Valley Bipolar Support Group</p>	▶	<p>Eden Hospital Conference Center, Conf. Rm. A, Ground Floor, 20103 Lake Chabot Road, Castro Valley Contact: Al Pereira (925) 462-6415 e-mail: dbsa.castrovalley@comcast.net</p>
Tri-Valley Survivors of Suicide – Pleasanton/Livermore		
<p><i>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)</i></p>		
<p><i>Every second Monday of each month</i> 7:00 p.m. to 9:00 p.m. Meets at a private home in Livermore</p>	▶	<p>P.O. Box 565, Sunol, CA 94586 Contact: Shirley Kaminsky, R.N., (925) 872-5634 Contact: Karen Carlson, (925) 336-1633 e-mail: trivalleysos@yahoo.com</p>
<p>Children and Adults with Attention Deficit/Hyperactivity Disorder (CHAAD) Tri-Valley Parent Support Meeting — <i>Every second Wednesday of each month</i> Thomas J. Hart Middle School, 4433 Willow Road, Pleasanton For times and dates, contact Stephanie Katz: e-mail: stefani@festoonery.com</p>		