



# FAMILY/CAREGIVER SUPPORT GROUP

**Are you looking for support and information to cope with your adult loved one's mental illness?** NAMI Tri-Valley offers a twice-monthly Family Support Group that is free and no registration required.

This is a peer facilitated informal open-agenda format group for parents, spouses, siblings, and friends of adults with or suspected of having mood or psychotic disorders. Resources, information about disorders and advocacy are also provided.

**Every 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month**

**7:00 p.m. to 9:00 p.m.**

*Please Note: All groups will meet by Zoom video conferencing until it is safe. If you are new to the support group, please contact Marsha McInnis by phone, text or email to receive the Zoom link. To keep the meeting confidential, the Zoom link changes each time a Family Support Group is held.*

*For further information, please contact:*

**Marsha McInnis**

*Support Group Facilitator*

**Phone: (925) 980-5331**

**E-mail: [marsha@nami-trivalley.org](mailto:marsha@nami-trivalley.org)**

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.

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