



You're not alone

Helping an adult-aged loved one challenged with a mental health diagnosis

Come join our

FAMILY SUPPORT GROUPS

These groups provide understanding, unity, emotional support and encouragement to our families who have adult-aged loved ones with a mental health diagnosis.

They provide an environment where family members can share in a confidential environment.

They also provide education on topics of self-care and codependency, with practical education on our mental health and legal systems.

They are a safe place to laugh and cry.

Most importantly, they are a place where our families can discover that they are not alone

NOTE: CLIENT GROUPS RUN CONCURRENTLY AT ALL LOCATIONS EXCEPT RIO VISTA. CONTACT RACHEL FORD, CLIENT LIAISON 707 553 5735

Provided courtesy of Solano County Mental Health with Mental Health Services Act Prop 63 funding.

Where and When:

For more information, contact Rachel Ford, Consumer Affairs Liaison, at (707) 553-5343

Fairfield

Wednesdays from 6 to 8 pm, Behavioral Health, 2101 Courage Drive

Vacaville Tuesday from 5:30 to 7 pm
ICC, Behavioral Health,
1119 E. Monte Vista Ave

Rio Vista 1st
Tuesdays of the month from 10 am to 12 noon,
Library, 44 S 2nd St