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Do you have an adult-aged loved one who is challenged with a Mental Health diagnosis?



Find a group that is right for you.

Support groups provide emotional aid and encouragement to those who have an adult-aged loved one with a Mental Health diagnosis. A confidential environment where family members can come together to share a variety of topics.

"Never give up on someone with a Mental Illness.

When the "I" is replaced by "We", Illness becomes Wellness." ∼Shannon L. Alder

Choose a group that is

right for you, make new friends

and

Discover a place where families are not alone!

Lorena Perswain, LMFT

Family Liaison

Phone (707) 553-5343





Family Support Group

A MHSA community program provided by:



HEALTH AND SOCIAL SERVICE
BEHAVIORAL HEALTH DEPT

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WELLNESS RECOVERY DIVISION

VACAVILLE

TUESDAYS @ 5:30PM BEHAVIORAL HEALTH 1119 E. MONTE VISTA AVE VACAVILLE, CA 95688

FAIRFIELD

WEDNESDAYS @ 6PM BEHAVIORAL HEALTH 2101 COURAGE DR. FAIRFIELD, CA 94533

VALLEJO

THURSDAYS @ 1PM BEHAVIORAL HEALTH 355 TUOLUMNE ST. VALLEJO, CA 94590

RIO VISTA

(MONTHLY)

1ST TUESDAY OF EACH MONTH
10AM
RIO VISTA LIBRARY
44 SOUTH 2ND ST.
RIO VISTA, CA 94574



CHOOSE YOUR GROUP, NOT JUST THE LOCATION

MY NOTES

NOTE: FAMILY AND PEER GROUPS
RUN CONCURRENTLY AT ALL
LOCATIONS EXCEPT RIO VISTA



COLLABORATION
SUPPORT
UNDERSTADING
COMPASSION



