

SUPPORT GROUPS



NAMI Tri-Valley Family Support Group

An informal support group for parents, spouses, siblings, and friends of adults with or suspected of having mood or psychiatric disorders. Support, resources, education and advocacy skills are provided.

Every 2nd and 4th Monday of each month from 7:00 pm to 9:00 pm on Zoom only

To get the Zoom meeting link or further information, contact: Marsha McInnis at (925) 344-4480 or email at info@namitrivalley.org



NAMI Connection Recovery Support Group

NAMI Connection is a free and confidential recovery support group program that offers respect, understanding, encouragement and hope to those living with a mental illness.

Held on the **1st, 3rd (and 5th if applicable) Wednesday of each month from 7:00 pm to 8:30 pm in hybrid format** (Zoom and in person)

Address: CommonPoint Conference Room, 164 North L St., Livermore, CA 94550.

For further information, contact: Cyndi Hackett at tchrcyd@mac.com