

## 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 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month from 7:00 pm to 9:00 pm in hybrid format** (Zoom and in person)

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

For further information, contact: Marsha McInnis at (925) 344-4480 or email at [info@namitrivalley.org](mailto: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 **1<sup>st</sup>, 3<sup>rd</sup> (and 5<sup>th</sup> 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](mailto:tchrcyd@mac.com)