



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

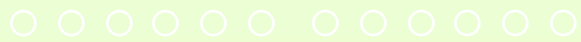
Discover a place where families are not alone!

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**



**WELLNESS RECOVERY
DIVISION**

