

# Do You Have A Family Member or Loved One Living With A Mental Illness?

Our Family Support Group is Here for YOU



The Family Services Program provides compassionate, informed assistance to families, friends and loved ones of persons they know or suspect has a mental illness.

Our goal is to provide you with emotional and practical support and provide helpful resources and coping tips.

**Meetings Held Weekly**  
**First and Third Fridays at 12:30pm - 2:30pm**  
**1069 Main Street, Cambria, CA 93428**

For More Information Contact:  
Laura Gaisie, TMHA Youth Family Partner  
(805) 503-0009

Visit [www.t-mha.org/family-support.php](http://www.t-mha.org/family-support.php)



**Transitions-Mental Health Association**

*Inspiring hope, growth, recovery  
and wellness in our communities.*