NAMI
National Alliance on Mental Illness

San Luis Obispo County

LOVE SOMEONE WITH A MENTAL HEALTH CHALLENGE? A Friend, A Family Member? A Parent, Sibling , or Child ?
NEED A PLACE TO TALK?
WE CAN HELP.

FAMILY SUPPORT GROUP

This support group is a place to ask questions about resources available to your loved one, talk in a confidential environment, and build connections with other families who have similar struggles and triumphs. Our facilitators are trained to help you discover what you need to live well and support your loved one's recovery.

Arroyo Grande: 3rd Saturday of each month, 10:00 to 11:30 at the "Safe Haven" Wellness Center 203 Bridge St. 805-544-2086
Atascadero: 1st and 3rd Monday's of each month, 6:30 to 8 pm. Across from the Rotunda; 5850 West Mall. 805-674-8009
Paso Robles: 1st and 3rd Tuesdays of each month, 6:30 to 8 pm. 935 Riverside Ave., Unit 6 in the Alliance Square Bldg. 805-236-1007
San Luis Obispo: 4th Tuesday of each month, except July, August & December - 5:30 to 7 pm. St. Stephen's Episcopal Church. Corner of Pismo and Nipomo Streets. 805-544-2086

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