NAMI
National Alliance on Mental Illness

San Luis Obispo County

HAVE YOU LOST A LOVED ONE TO Substance Abuse, Mental Illness or Suicide?
NEED A PLACE TO TALK?
WE CAN HELP.

GRIEF SUPPORT GROUP

Have you lost a loved one to substance abuse, or an overdose? To a mental health related accident or incident? Or even to a suicide?

This support group is a place where you can talk and share, in a confidential environment , with others who have lost a loved one in a similar manner.

To share is to heal ~ Especially when you are with others who understand your pain.

Our facilitators are trained to help you discover what you need to live well, while you learn to live amid the loss of your loved one.

To learn more call 805-236-1007

Support groups held the 1st and 3rd Wednesday of each month from 6:30 to 8pm at TMHA 935 Riverside Ave. #6 Paso Robles

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