

# You're not alone

helping a loved one challenged with mental illness

COME JOIN OUR

## FAMILY SUPPORT GROUPS

These groups provide understanding, unity, emotional support and encouragement to our families struggling with a loved one with a mental health diagnosis.

They provide an environment where family members can share personal information in a confidential environment.

They are a safe place to laugh and cry.

Most importantly, they are a place where our families can discover that they are not alone

They also provide education on topics of self-care and codependency, with practical education on our mental health and legal systems.

**PLEASE NOTE: CLIENT GROUPS RUN CONCURRENTLY AT ALL LOCATIONS EXCEPT RIO VISTA.**

**Provided courtesy of Solano County Mental Health with Mental Health Services Act**

### Where and When:

**Fairfield** Wednesdays  
from 6 to 8 pm,  
Behavioral Health,  
2101 Courage Drive

**Vacaville** Tuesdays  
from 5:30 to 7 pm ICC,  
Behavioral Health,  
1119 E. Monte Vista  
♦Ave

♦**Vallejo** Thursdays  
from 5:30 to 7 pm,  
Behavioral Health, 355  
♦Tuolumne St

**Rio Vista** 1st Tuesdays  
of the month from 10  
am to 12 noon,  
Library, 44 S. 2<sup>nd</sup> St

**For more information,  
contact Karen Smith,  
Family Liaison, at  
(707) 553 5343**