



# FAMILY SUPPORT GROUP

Helping adult-aged loved ones challenged with a mental health diagnosis?

## **YOU ARE NOT ALONE**

These Groups can provide emotional support and encouragement to our families who have an adult aged loved one with a mental health diagnosis. They provide an environment where family members can come together to share in a confidential manner covering a variety of topics.

They are a safe place to laugh, cry, and connect with others.

**MOST IMPORTANTLY, THEY ARE A PLACE WHERE FAMILIES DISCOVER THEY ARE NOT ALONE.**

Choose a weekly location and time that is right for you.

*\*Please note: Rio Vista is MONTHLY*

Vacaville Tuesdays 5:30-pm Behavioral Health 1119 E. Monte Vista	Fairfield Wednesdays 6-8pm Behavioral Health 2101 Courage Dr.	Vallejo Thursdays 1:00-2:30pm Behavioral Health 355 Tuolumne St.	*Rio Vista MONTHLY 1 <sup>st</sup> Tuesday of each Month 10am-12pm Rio Vista Library 44 South 2 <sup>nd</sup> St.
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**FOR MORE INFORMATION, CONTACT:  
 LORENA PERSWAIN, FAMILY LIAISON 707-553-5343**