

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

**Zoom Meetings Now Available**

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.

For more information about how to connect, please contact:

**Santa Maria - Maria Perez**

Family Support Specialist, (805) 441-3325

or

**Lompoc - Zandra Alfaro-Olea**

Family Support Specialist, (805) 458-5487

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

**English Zoom Family Support Group**

**Mondays**

**12pm-2pm**

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**Spanish Zoom Family Support Group**

**Thursdays**

**12pm-2pm**



WELLNESS • RECOVERY • RESILIENCE



Santa Barbara County