



Family Services

Transitions-Mental Health Association

Inspiring hope, growth, recovery and wellness in our communities.



Family Services assists anyone who has someone in their life that they know or suspect has a mental illness. Support, education, information, and help with navigating the public and private mental health systems is available in a caring, confidential environment that empowers family and friends to better understand and cope with the realities of chronic and persistent mental illness. All services are available in both English and Spanish. Servicios ofrecido en los condados de San Luis Obispo y del Norte de Santa Barbara gratuitamente. Family Services are offered free of charge.

Family Orientation Classes: A one day class to help families navigate the mental health system of care in both the county and private sector; and learn valuable tools needed, when someone in your life you know or suspect has a mental illness. A one hour Family Support Group follows. Call 805-540-6571 for more information and a schedule of dates and times.

- **Saturday (one day) Family Orientation Class:** Call 805-540-6571 for information, schedule of dates and times, and to register.
- **Saturday (one day) Families, Mental Illness and the Judicial System Class:** Designed for anyone who has a mentally ill loved one that is currently or formerly involved, or is in risk of becoming involved, with the judicial system. Call 805-540-6571 for information, schedule of dates and times, and to register.

Family Support Groups:

- **Tuesdays in SLO** 12:00–3:00 pm, 784 High Street, SLO 805-540-6571.
- **Wednesdays in Lompoc** 12:00-2:00 pm, 401 E. Cypress Ave., (1st Floor Conference Room), Lompoc 805-305-9219.
- **Thursdays in Santa Maria** 12:00-2:00 pm, 500 Foster Road, Santa Maria 805-441-3325.
- **Fridays in Spanish in Santa Maria** 12:00-2:00 pm, 500 Foster Road, Santa Maria 805-441-3325.
- *Grupo de Apoyo Familiar Para familias y seres queridos que tienen personas con problemas mentales; visite el grupo sin hacer cita, no hay costo y no es necesario llamar para asistir. Llame 805-540-6573.*

The Shaken Tree - Families Living with Mental Illness: This locally-produced and award-winning documentary illuminates the journey families experience when a loved one has chronic and persistent mental illness. Call for information on upcoming presentations or to schedule a viewing in your area. Call 805-540-6571 for more information.

Parent Project Class: A 10-week program for parents of children 11-18 yrs old, and a 7-week course for parents of children 5-10. Empowers parents with difficult or out of control children. Classes are available in both English and Spanish. Call Patty Ramirez, Youth Family Partner at 805-458-2596 for more information.

Active Parenting Class: Help for parents of children 0-5 yrs to foster the qualities necessary for children to thrive in our society. Parents are equipped to teach their children to learn cooperation, courage, responsibility and to promote self-esteem. Call Patty Ramirez, Youth Family Partner at 805-458-2596 for more information.

Family-to-Family: This NAMI (National Alliance on Mental Illness) education program provides insights into, and resolution of, the profound concerns experienced by families, close relatives, and friends as they strive to cope with the realities of serious mental illness. Meets weekly for 12 weeks and is offered free of charge. The class is taught by trained NAMI family members. The curriculum has been translated into Spanish. Call Henry Herrera 805-440-3516 for more information.

Please feel free to call to confirm dates and times or for further information.

Turn over for more Family Services contact information.





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Family Services Contact Information: San Luis Obispo and Northern Santa Barbara Counties

*Henry Herrera, Family Services Program Manager: 805-540-6571

Family Advocates - San Luis Obispo County

Melanie Diaz: 805-478-8668

Vivian Soul: 805-540-6572

Family Partners - Northern Santa Barbara County

*Maria Perez, Santa Maria and Surrounding Areas: 805-441-3325

Janine Cruz, Lompoc and Surrounding Areas: 805-458-5487

Youth Family Partners - San Luis Obispo County

*Rolando Rojas, SLO & South SLO County: 805-458-6388

*Patty Ramirez, SLO & North SLO County: 805-458-2596

Laura Gaisie, SLO & North SLO Coast: 805-503-0009

Family to Family – NAMI SLO County

Henry Herrera: 805-440-3516

www.nami.org/f2f

SLO County & Northern Santa Barbara County Hotline: TMHA's 24 hours a day 7 days a week, confidential crisis suicide prevention, emotional support and mental health crisis line. 800-783-0607

NAMI California (National Alliance on Mental Illness) is a grass roots organization of families and individuals whose lives have been affected by serious mental illness. For more information or for an affiliate in your area call: 916-567-0163 or go to their website at www.namicalifornia.org.

**Se habla Español*