

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

Zoom Meetings Now Available

Our SLO Adult Family Support Group is Here for YOU



**English Zoom Adult
Family Support Group**

**Tuesdays
12:00pm-3:00pm**

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 **Shawn Ison** at (805) 540-6571 or sison@t-mha.org and visit www.t-mha.org/family-support.php



WELLNESS • RECOVERY • RESILIENCE

