

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:

Maria Perez, Family Support Specialist,
(805) 441-3325 or

Zandra Alfaro-Olea, Family Support Specialist, (805) 458-5487

Visit www.t-mha.org/family-support.php

English Zoom Family Support Group
Wednesdays
10am-12pm

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Spanish Zoom Family Support Group
Fridays
12pm-2pm



WELLNESS • RECOVERY • RESILIENCE

