



National Alliance on Mental Illness

# San Luis Obispo County

LOVE SOMEONE WITH A MENTAL HEALTH CHALLENGE? A Friend, A Family Member? A Parent, Sibling, or Child ?  
NEED A PLACE TO TALK?  
WE CAN HELP.



## FAMILY SUPPORT GROUP

This support group is a place to ask questions about resources available to your loved one, talk in a confidential environment, and build connections with other families who have similar struggles and triumphs. Our facilitators are trained to help you discover what you need to live well and support your loved one's recovery.

**Arroyo Grande:** 3rd Saturday of each month, 10:00 to 11:30 at the "Safe Haven" Wellness Center 203 Bridge St. 805-544-2086

**Atascadero:** 1<sup>st</sup> and 3<sup>rd</sup> Monday's of each month, 6:30 to 8 pm. Across from the Rotunda; 5850 West Mall. 805-674-8009

**Paso Robles:** 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of each month, 6:30 to 8 pm. 935 Riverside Ave., Unit 6 in the Alliance Square Bldg. 805-236-1007

**San Luis Obispo:** 4<sup>th</sup> Tuesday of each month, except July, August & December - 5:30 to 7 pm. St. Stephen's Episcopal Church. Corner of Pismo and Nipomo Streets. 805-544-2086

[namisanluisobispo@gmail.com](mailto:namisanluisobispo@gmail.com)

[www.namislo.org](http://www.namislo.org)