

TMHA's Family Support Program

Weekly Zoom and Phone Support Groups



Receive critical support and learn about behaviors that provide insight into your children's wellbeing.

Our Family Support Program provides compassionate, informed assistance to parents and caregivers of children who exhibit difficult social and emotional behaviors. Our goal is to provide you with practical and emotional support and provide helpful resources and coping tips to manage these behaviors in the home.

Support groups offer a unique opportunity to experience a sense of community with other parents and caregivers who understand what you are going through.

Reach out to us today.

English Youth Zoom or Phone-in Support Group
Wednesdays, 12:00pm-2:00pm

Zoom or phone-in only at this time. Registration required.

Please contact Gwen McNamara,
Family Support Specialist at (805) 458-2596



Santa Barbara County



SANTA BARBARA COUNTY
DEPARTMENT OF
Behavioral Wellness
A System of Care and Recovery



San Luis
Obispo
County