



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

These support groups are 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.

Listed below are the current SLO County support group dates:

1st & 3rd Monday of each month 6:30 to 8:00 pm. Facilitator: Aurora
William mhadvocatenami@gmail.com (805) 236-1007 - ZOOM

4th Tuesday of each month, 6:30 to 8:00 pm. Facilitator: John Klimala
Johnklimala@aol.com (805) 550-3889 - ZOOM

Contact the Facilitator to get on the email list for the group(s) you want.

namisanluisobispo@gmail.com

www.namislo.org