

You Are Not Alone
NAMI Family Support Group
Solano County

*For families, friends and advocates of people living
with a Mental Illness*

*Does mental illness affect your family?
Find hope, help & sharing in a safe, confidential environment.*

*This is an ongoing, drop-in group focusing on skill building &
support through sharing experiences, resources & comfort.*

When:
2nd and 4th Tuesday, Every Month
7:00-8:00 PM
On Going

Location: Zoom

Zoom Link for 1/12, 1/26, 2/9, 2/23, 3/9, 3/23
<https://us02web.zoom.us/j/83844060253>

Meeting ID: 838 4406 0253

*For more information contact:
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