

***You Are Not Alone***

**NAMI Solano County  
Family Support Group**

*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.

**2<sup>nd</sup> and 4<sup>th</sup> Tuesday, Every Month**  
**7:00-8:00 PM**  
**On Going**

***Location:*** Zoom

**Zoom Link for 4/13, 4/27, 5/11, 5/25, 6/8, 6/22**

<https://us02web.zoom.us/j/82248493933>

*For more information contact:*  
*Sunny Bradford - [namisunny2020@gmail.com](mailto:namisunny2020@gmail.com)*

