

Free Resources for Family Members Who Have Loved Ones Living With Mental Health Conditions or Mental Illness

Crash Course On Mental Illness-Every Wednesday, 6:30-8:30. An overview of mental health services offered by County Mental Health, NAMI CC, Miller Wellness, & Family Justice Center. Open to the public; all welcomed. No reservations required. 2151 Salvio St. #201, Concord. Information 925-676-5771, dk122932@aol.com. Verified 7/26/16

NAMI Family-to-Family-A NAMI Signature Program. 12-week, educational course on mental illness for families who have loved ones with mental illness. Meets weekly. Also available to Spanish and Mandarin speaking communities; the African American community; and the Veterans' community, including active duty military personnel. Contact Nancy fam2fam4u@gmail.com or call Gloria at (925) 244-0873. Verified 1/20/16

NAMI BASICS-A NAMI Signature Program. 6-week, educational course on mental illness for parents and caregivers who have children or adolescents living with mental illness. Contact: Nancy fam2fam4u@gmail.com or leave a message on the NAMI CC answering service 925-942-0767. Verified 1/21/16.

NAMI Family Support Group. 3rd Monday of the month - 7:00 PM to 9:00 PM, Walnut Creek Campus of John Muir Hospital, 1610 Ygnacio Valley Rd., Walnut Creek, downstairs in Epstein One. Contact 925-256-9640 or 925-676-5771. Verified 1/16/16

Family-to-Family Friends Group. For *Family-to-Family* graduates. 4th Thursday of the month, 7 p.m., Hillcrest Church, Room 7, 404 Gregory Lane, Pleasant Hill. For information, Baika Pratt (510) 407-7910. Verified 7/22/16

NAMI West County Support Group. 2nd Wednesday of the month - 6:30 PM-8:00 PM. Richmond Medical Center of Kaiser, 901 Nevin Ave., 3rd Floor (same floor as Psychology/Psychiatry), Room 317, Conference Room 1, Richmond. Contact Dr. Sumchai at (510) 237-9277 or family2familyrichmond.nami@gmail.com. Verified 2/12/16

NAMI Mandarin Family Support Group. 3rd Saturday of April, June, August, October, 2016, 10:00 am to noon. Danville Chinese Bible Church, 2278 Camino Ramon, San Ramon, CA 94583. Information: Shelly @ 925-238-6286 or Jane @ 925-406-9526. Verified 6/10/16

NAMI Spanish Language, Family Support Groups:
Pittsburg-First Thursday of the month, 7:00-8:30 PM. Church of the Living God, 1125 Harbor St., Pittsburg. Cross Streets-12th and Santa Fe. Faith-based. All creeds welcome! Veronica (925) 250-4032 or defamiliaafamilia@namicontracosta.org

West County-No support group in Spanish in West County until further notice. For more information, contact Veronica Mc Manus (925) 250-4032
defamiliaafamilia@namicontracosta.org. Verified 7/22/16

NAMI New Hope Support Group

Second Monday of the month - 7:00 PM to 9:00 PM. For parents of children, adolescents and transitional aged youth with mood or neurobiological disorders (bipolar, OCD, schizophrenia). Formal diagnosis not needed. Lafayette-Orinda Presbyterian Church, Room 204 49 Knox Drive, Lafayette. Christina Mellin: (925) 899-0862 or ccmellin28@gmail.com. Call before attending. Verified 1/21/16

Writers' Group. See back of this flyer for information.

Be-Connected-see back of this flyer for information.

Open Our Hearts Family Member Support Group. For family members of adults with mental illness. All faiths welcome! 4th Monday of each month, 7:00PM - 8:30PM Located at Temple Isaiah, 945 Risa Rd., Lafayette (in the Talmud Torah Center, Room E204). Drive across parking lot, turn left at the Day School and drive down the hill to the first building on the right. Call Karen at (925) 945-7272 or karen@mmcohen.com
www.openourhearts.net. Note: This is not a NAMI program. Verified 1/17/16.

NAMI Support Group for Parents of Adult Children With Mental Illness. 2nd Sunday of the month, 2-3:30 PM, San Ramon Valley United Methodist Church, 902 Danville Rd., Alamo, Fireside Room, on right side of church as you look at the building. Contact Karen (925) 820-7495 or kscalzi@comcast.net or Marilyn Clark 925-837-5243. Verified 1/16/16.

see next page/back of this flyer for **Free Resources for Those Who Live With Mental Illness**

Free Resources for Those Who Live With Mental Illness or Mental Health Conditions

NAMI Connection – A NAMI Signature Program

A support group for people living with any mental illness. Postponed for the time being. 925-942-0767
www.namicontracosta.org. Verified 3/21/16

NAMI Peer-to-Peer—A NAMI Signature Program

A 6-week, recovery-focused educational program for adults who wish to establish and maintain mental health wellness. For information or to register, Will Taylor
wtaylor@namicontracosta.org or leave a message with your contact information at 925-942-0767 for Will to call you. Verified 4/20/16.

Be-Connected

Every Wednesday, 7PM - 9PM, 2730 Grant St., Classroom A, Concord. Peer-run support group for people with anxiety, depression and bipolar mood disorders, and their friends and family. DBSA format. www.be-connected.org or 925-389-1372. This is not a NAMI group. Verified 1/15/16.

Writers' Group, for those living with a mental illness, family members, and their friends. First Tuesday of the month, 10:30-noon. Rainbow Community Center (above Starbucks), 2118 Willow Pass Road, Ste 500 (up rear stairs or elevator), Concord. Facilitator: Margaret Netherby
mlnetherby@yahoo.com. Cosponsored by NAMI CC and County Health. Verified 1/16/16.

Recovery Innovations - Recovery education & peer support programs. Locations: Central County--2975 Treat Blvd, C-8, Concord (925) 363-7290; East County--2400 Sycamore Dr., Suite 30/31, Antioch (925) 732-7930; West County--2101 Vale Road, Suite 300, San Pablo, (510) 910-0445. Note: This is not a NAMI program. Verified 1/16/16

Putnam Clubhouse: A place where members learn and improve vocational and social skills while working together to run all aspects of the Clubhouse. Doctor referral required. 925-691-4276. Note: This is not a NAMI CC service. Verified 1/16/16

Clutterless Self-Help Group- Every Monday except Post Office holidays, 7:00 p.m., The Parkview, 100 Valley Ave. (main entrance; cross street Sunol), 2nd Floor Activity Room, Pleasanton. (925) 289-5356. Note: this is not a NAMI CC service. Verified 6/8/16

Other Educational Programs For the Public

NAMI Monthly, Education Presentations (aka General Meeting) topics pertaining to mental health. 3rd Thursday of the month, 7:00 PM to 8:30 PM . John Muir Medical Center, Concord Campus, 2540 East St., through the main doors, Concord. More information: www.namicontracosta.org or Michele Lamb mickiml@hotmail.com. Verified 4/16/16.

NAMI Mandarin Educational Program. Topics on mental illness. 3rd Saturday of March, May, July, September, November, 10:00 AM to noon. Danville Chinese Bible Church, 2278 Camino Ramon, San Ramon. Information Shelly @ 925-238-6286 or Jane @ 925-406-9526. Verified 6/10/16

In Our Own Voice – A NAMI Signature Program

An educational presentation for the community by NAMI-trained people with mental illness “who have been there.” For high schools, colleges, churches, hospitals, government agencies, and organizations. To schedule a presentation, Will Taylor wtaylor@namicontracosta.org or leave a message with your contact information at 925-942-0767 for Will to call you. Verified 4/20/16.

NAMI FaithNet-assistance and trainings to help create welcoming faith communities for those living with mental illness and their family members. Gigi Crowder, Coordinator, (925) 238-0870 or gigicrowder0283@comcast.net. Verified 1/16/16.

Other Services

NAMI Contra Costa Warm Line--(925) 942-0767. Leave a message to receive a return call from a NAMI CC warm line volunteer. Verified 9/20/16

NAMI Contra Costa Office, Library, and Information:

550 Patterson Blvd., Pleasant Hill, 94523,
www.namicontracosta.org. (925) 942-0767. Call ahead for office or library visits. Verified 6/10/16

Bob Thigpen, Contra Costa County Family Support Worker:

925-957-5139 robert.thigpen@hsd.cccounty.us. Verified 10/14/16

Contra Costa County MH services Access Line:

1-888-678-7277

Contra Costa County Crisis Stabilization Unit: 925-646-2800

Independent Living Resource: 925-363-729