

Family Online Support Group

Topics offered include social stereotypes and stigma, complex social dynamics, unpredictable aspects of the illness, advocacy, problem solving techniques, coping strategies, communication skills, and treatment options.

You can get information, crucial resources and access to a community of people who relate to your experiences in a confidential and safe environment.



For Caregivers of Loved Ones Living
with or Impacted by Mental Illness

Time: Every 1st & 3rd Monday
7-8:30 pm on Zoom

First Mondays Zoom Meeting ID:
983 9317 0658

Third Mondays Zoom Meeting ID:
983 4603 3191

Contact: Michele O'Keefe
Phone: 707-410-0296
Michele@namicontracosta.org