



Support Group for Friends and Family

of individuals with mental illness
and/or substance use disorder

1st and 3rd Wednesday 6:30-8pm
Via Zoom

We invite you to join us at our peer run support group for friends and family of individuals living with a mental health condition or struggling with substance use.

- Meet others with shared experiences
- Share your experiences
- Recognize and acknowledge your feelings
- Learn new ways of coping

For more information contact:



Alex Demy
(916) 787-8915
nc_ademy@placer.ca.gov

