

## **Solano County Mental Health Support Groups**

All Support Groups are facilitated by County Staff. These are not therapy groups. All Support Groups are FREE & strictly confidential. There is no curriculum, so individuals may start & stop any Group at any time. We facilitate a traditional "Care-n-Share" fashion, where members are able to "Share" about what is happening in their lives & the facilitator & members offer "Caring" support that may benefit the individual "Sharing". No one has to share & no one has to accept supportive commentary. Support Groups are offered at 3 locations, at different times to accommodate as many schedules as possible.

**Please contact the facilitator of the Group you are interested in**, if you have questions. You may contact Rachel E. Ford, Consumer Affairs Liaison at 784 – 8362 for any questions concerning any Group or for questions concerning Solano County Mental Health services & supports.

### **Bipolar and Major Depression Support Group - Fairfield**

Every WEDNESDAY Night 6pm – 8pm **beginning Jan. 5, 2011**

Solano County Health & Social Services

2101 Courage Dr. – enter through patio door

For Information call: Rachel 784 – 8362

### **Family Member/Loved One Support Group – Fairfield**

Every WEDNESDAY Night 6pm – 8:30pm **beginning Jan. 5, 2011**

Solano County Health & Social Services

2101 Courage Dr. – enter through patio door

For Information call: Karen 784 - 2092

### **Hidden Moods, Emotions & Feelings Group – Mare Island**

2<sup>nd</sup> & 4<sup>th</sup> Wednesdays 9:00 – 10:30 am

Global Center for Success

1055 Azuar Street, Vallejo, CA 94592

For information call:

GCS: 707 – 562 – 5673; or

Rachel: 707 – 784 - 8362

### **Schizophrenia Support Group**

Looking for a new location

Please call if you are interested

Rachel 707 – 784 – 8362

## **Community Organization Information**

### **Solano Parent Network - Vallejo**

#### **Finding Your Way - Parent/ Care Giver Support Group**

1<sup>st</sup> & 3rd Monday 6p.m – 7p.m

1000 Marin Street - Vallejo, CA 94590

Free Transportation and Childcare Provided with Reservation

For Information or to Reserve Transportation and/or Child Care, call:

427 – 3545 X 817 or X 820

#### **Solano Parent Network - FREE 12 – week class**

#### **EES Classes – Educate, Equip and Support**

#### **You must pre-register for this class**

1<sup>st</sup> & 3rd Monday 7pm– 9pm

Free Childcare with Registration

Limited space available - register early

Refreshments are served

For Information or to register, call:

427 – 3545 X 817 or X 820

*Come at 6p.m. and join our Finding Your Way support group*

## **Solano County Mental Health Committees and Boards**

#### **CFAC - Consumer / Family Advisory Committee**

3rd Wednesday of every month

10:00 - 11:30

Call for location and

For information call Rachel 784-8362

#### **Local Mental Health Board**

3<sup>rd</sup> Tuesday of every month

4:30 pm - 6:00 pm

For meeting location, and

Information call Cindy 784 - 8320