

PEER SUPPORT

Transitions-Mental Health Association



The road to recovery can be a lonely journey at times, but it doesn't have to be. Transitions–Mental Health Association offers a number of support groups lead by peers with lived experience of mental illness. These weekly groups provide support, education, social interaction, the sharing of stories, and a sense of community to those who attend and are offered at several different times and locations around the county.

Who Can Attend?

Any adult living with a mental illness is invited to attend.

How Much Does It Cost?

There is no charge for these groups.

Where Are the Groups Located?

Currently groups are run in San Luis Obispo, Arroyo Grande, and Atascadero.

Please call for specific topics, times, and locations.

Transitions – Mental Health Association

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