



Family Services

Transitions-Mental Health Association

Inspiring hope, growth, recovery and wellness in our communities.

Family Services assists anyone who has someone in their life that they know or suspect has a mental illness. Support, education, information, and help with navigating the public and private mental health systems is available in a caring, confidential environment that empowers family and friends to better understand and cope with the realities of chronic and persistent mental illness. All services are available in both English and Spanish. *Servicios ofrecido en los condados de San Luis Obispo y del Norte de Santa Barbara gratuitamente.* Family Services are offered free of charge.

Family Orientation Classes: A six-week class to educate oneself about mental illness and learn about programs and support services available in the community. Class meets Thursdays from 12-1 p.m. at the San Luis Obispo office. All are welcome to stay for the one hour Family Support Group that follows from 1-2 p.m. Call 805-540-6571 for more information. These classes are for families and loved ones of persons with mental illness.

Family Support Groups:

- **Tuesdays** 12:00–3:00 pm, 784 High Street, SLO 805-540-6571.
- **Wednesdays** 12:00-2:00 pm, 646 N. H Street, Lompoc 805-305-9219 Thursdays 1:00-2:00 pm 784 High Street, SLO 805-540-6571.
- **Thursdays** 1:00-2:00 pm, 784 High Street, SLO 805-540-6571.
- **Thursdays** 12:00-2:00 pm, 500 Foster Road, Santa Maria 805-441-5098 Fridays in Spanish 12:00-2:00 pm, 500 Foster Road, Santa Maria 805-441-5098.
- **Fridays in Spanish** 12:00-2:00 pm, 500 Foster Road, Santa Maria 805-441-5098.
- *Grupo de Apoyo Familiar Para familias y seres queridos que tienen personas con problemas mentales; visite el grupo sin hacer cita, no hay costo y no es necesario llamar para asistir. Llame 805-540-6573.*

The Shaken Tree: This locally-produced and award-winning documentary illuminates the journey families experience when a loved one has chronic and persistent mental illness. Call for information on upcoming presentations or to schedule a viewing in your area. Call Janice Holmes at 805-540-6571 for more information.

Parent Project Class: A 10-week program for parents of children 11-18 yrs old, and a 7-week course for parents of children 5-10. Empowers parents with difficult or out of control children. Classes are available in both English and Spanish. Call Jackie Garza at 805-458-6388, Patty Ramirez at 805-458-2596 or Linda Quesenberry at 805-503-0009 for more information.

Active Parenting Class: Help for parents of children 0-5 yrs to foster the qualities necessary for children to thrive in our society. Parents are equipped to teach their children to learn cooperation, courage, responsibility and to promote self-esteem. Call Patty Ramirez, Youth Family Partner at 805-458-2596 for more information.

Family-to-Family: This NAMI education program provides insights into, and resolution of, the profound concerns experienced by families, close relatives, and friends as they strive to cope with the realities of serious mental illness. Meets weekly for 12 weeks and is offered free of charge. The class is taught by trained NAMI family members. The curriculum has been translated into Spanish. Call John Klimala at 805-550-3889 for more information.

Please feel free to call to confirm dates and times or for further information.

Turn over for more Family Services contact information

Family Services: San Luis Obispo and Northern Santa Barbara Counties

Janice Holmes, Program Manager
805-540-6571

Anne Rhoades, Program Manager Assistant 805-540-6572

Family Advocates - San Luis Obispo County

Henry Herrera*
805-540-6573

Brita Connelly
805-540-6574

Family Partners - Northern Santa Barbara County

Maria Perez*
Santa Maria and Surrounding Areas
805-441-3325

Lilia Bazan*
Lompoc and Surrounding Areas
805-305-9219

Youth Family Partners - San Luis Obispo County

Jackie Garza*
SLO & South SLO County
805-458-6388

Patty Ramirez*
SLO & North SLO County
805-458-2596

Linda Quesenberry*
SLO & North SLO Coast
805-503-0009

Family to Family – NAMI

John Klimala
805-550-3889

PEI Marketing & Outreach

Shannon McOuat, TMHA Marketing & Outreach Coordinator
805-540-6510

SLO County Hotline: TMHA's 24 hours a day 7 days a week, confidential crisis suicide prevention, emotional support and mental health crisis line. 1-800-549-4499

Santa Barbara County Hotline: 24 hours a day 7 days a week, confidential crisis suicide prevention, emotional support and mental health crisis line. 211

NAMI California (National Alliance on Mental Illness) is a grass roots organization of families and individuals whose lives have been affected by serious mental illness. For more information or for an affiliate in your area call: 916-567-0163 or go to their website at www.namicalifornia.org.

****Se habla Español***