



Virtual - ZOOM

PHONE CALL IN: 1 669 900 6833

Mondays: 10:00 am

Meeting ID: 871 7968 3245

Passcode: 763669

<https://us02web.zoom.us/j/87179683245?pwd=djl0ZWV2NkdKU3BKL040cG8rb1FBUT09>



Tuesdays: 5:00 pm

Meeting ID: 819 5533 7736

Passcode: 107172

<https://us02web.zoom.us/j/81955337736?pwd=MVhiRzgwRWNPk0lveXcwb3lGZlR1dz09>

Thursdays: 10:00 am

Meeting ID: 892 1670 4571

Passcode: 062042

<https://us02web.zoom.us/j/89216704571?pwd=VUZoeFZyb0N6ZkZsYVc4TXBaMzdQQT09>



Saturdays: 11:00 am

Meeting ID: 879 6965 5108

Passcode: 808312

<https://us02web.zoom.us/j/87969655108?pwd=YVhUd29wK0dObWtxUTVxdWtNTHBBdz09>

You are Welcome! Come to One or All!

- ◆ a free and confidential support group for adults living with mental health challenges
- ◆ offers a safe environment for adults who live with mental health challenges to express themselves without being judged
- ◆ follows a flexible structure without an educational format
- ◆ is inclusive- any adult with a mental health challenge is welcome, regardless of diagnosis



National Alliance on Mental Illness

Solano County

info@namisolano.org

Resource Line: 707-422-7792

Office: 707-438-9510