

Transitions-Mental Health Association

Peer-Run Support Groups

Fall 2010

The road to recovery can be a lonely journey at times, but it doesn't have to be. You're not alone. Come join us at one of our peer support groups where everyone who attends, including the facilitator, knows what you're going through because they've been there, too!

FREE Confidential Groups! No need to call for attendance!

San Luis Obispo – Hope House: 452 Higuera St.

Peer Support – Wednesday 12:30-2:00pm

Support Group with Dr. Kelly Moreno – Thursday 2:30-4:00pm

Dual Recovery Anonymous – Tuesday 2:30-3:30pm

Dual Recovery Anonymous – Friday 2:30-3:30pm

San Luis Obispo – TMHA Main Office: 784 High St.

***WRAP Group – Monday 10:00-11:30am (Call to sign up for this class!)**

Wellness Recovery Action Plan: An educational course in the journey to recovery

Atascadero – PEP Center: 5395 El Camino Real

Recovery Discussion Group – Thursday 10:00-11:00am

Peer Support – Friday 9:30-11:00am

Atascadero – North County Connections – 8600 Atascadero Ave.

Dual Recovery Anonymous – Thursdays, 2:30-3:30pm

Arroyo Grande – Safe Haven: 203 ½ Bridge St. (in the Village)

Peer Support – Tuesday 2:00-3:00pm

Dual Recovery Anonymous – Tuesday 2:30-3:30pm

***For information on signing up for this or any future 12-week WRAP group, please contact Betty McGraw at (805) 540-6578**

For information, contact Jessica Vieira at (805) 540-6576 or email at JVieira@t-mha.org

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