

Family Alliance for Mental Health



Our History

Family Alliance was established in 2008 and offers support for families in Thurston and Mason Counties in Washington state. There are no fees or eligibility requirements to access parent network meetings, events, or requests for individual assistance.

Contacts

Thurston County

Coordinator: Cherise Cain

206-276-2026

familyalliancecherise@gmail.com

Mason County

Coordinator: Sarah McQuilkin

360-463-6234

familyalliancewasarah@gmail.com

Dad's Support

Paul McQuilkin

360-229-0813

P_McQuilkin@yahoo.com

General Info & Questions

Donna Obermeyer

360-790-7505

familyalliancewashington@gmail.com

Website:

familyallianceformentalhealth.com

Family Alliance for Mental Health



Parent Network

for

All kinds of parents and caregivers raising children & youth of all ages that struggle with social, emotional, behavioral challenges & mental health needs.

Make Connections

On Line, On the Phone & In Person

to find

Hope

Come As You Are

Meet other parents who face similar challenges.

Take advantage of our solutions based method...

Successes

Challenges

Brainstorming & Suggestions

Resources

Goal Setting

Self Care

Sharing strategies that have worked for others, resources and learning opportunities.

Mostly to find...



In Person Support &

Phone/Online Groups



All Parents:

Zoom/Phone support group meetings are available for parents who want a more convenient way to stay connected. Just visit our website calendar page for specific days/times. Call a Family Alliance Coordinator if you have questions.



Dads:

In person groups led by dads for dads. We observe social distancing and use of masks.



Facebook:

Join our Family Alliance for Mental Health Tulips (closed) group and follow our general Family Alliance group on Facebook.

We are here for you!

Questions? Call Donna at 360-790-7505

Visit our Website to find

Resources

familyallianceformentalhealth.com

Crisis Info on the Home Page

Individual Support & Networking
Online ~ In Person ~ Phone

Behavioral Health Services
systemofcarehub.com

Children & Youth
Mental Health & Substance Use Treatment Options

Mason & Thurston WISE
Wraparound with Intensive Services
Includes Info on Non-Medicaid Services

Family Facilitated-Do It Yourself
Wraparound Starter Kit

Public and Private Mental
Health Providers

Intellectual Disabilities Resources

Education Resources
Family Liaison & Ombuds

Principles of Recovery