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 MentalHealth



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



Come As You Are

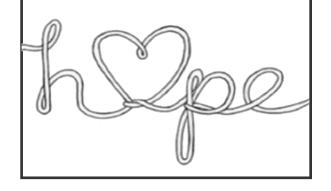
Meet other parents who face similar challenges.

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

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Phone/Online Groups

Phone:

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.



Facebook:

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



Monthly Updates:

Join our e-list to stay up to date by sending a request to Cherise at familyalliancecherise@gmail.com

We are here for you!

Visit our Website

to find

Resources

family all iance for mental health.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