

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 Meier

206-276-2026

familyalliancecherise@gmail.com

Mason County

Coordinator: Sarah McQuilkin

360-358-3401

familyalliancewasarah@gmail.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

Online & On the Phone

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...



Weekly Support Group for Parents/Caregivers

Join our weekly Zoom Based
Support Group

Use the Zoom Link or Call-in
On Thursday Evenings

6:30 - 8 pm

Contact our Thurston County Coordinator to set up convenient text reminders that can be sent directly to your phone. The Zoom link and call-in number for each meeting will arrive with the text message.

Thurston County Coordinator

Cherise Meier

206-276-2026

familyalliancecherise@gmail.com

Visit our Website to find Resources

familyallianceformentalhealth.com

Crisis Info on the Home Page

Individual Support & Networking
Online or Phone

Behavioral Health Services
systemofcarehub.com
Children & Youth
Mental Health & Substance Use Treatment Options

Mason & Thurston WISE
Wraparound with Intensive 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