

## 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

### General Info & Questions

Donna Obermeyer

360-790-7505

[familyalliancewashington@gmail.com](mailto:familyalliancewashington@gmail.com)

### Thurston County

Coordinator: Cherise Meier

206-276-2026

[familyalliancecherise@gmail.com](mailto:familyalliancecherise@gmail.com)

### Mason County

Coordinator: Nykol Garramone

360-427-3122

### Website

[familyallianceformentalhealth.com](http://familyallianceformentalhealth.com)

## Family Alliance for Mental Health



## Parent Network

for

Parents/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.

## Just for Dads

6 pm Second Saturdays

For More Info

Call Ty at 360-536-2293

## Visit our Website to find Resources

[familyallianceformentalhealth.com](http://familyallianceformentalhealth.com)

Crisis Info on the Home Page

Individual Support & Networking  
Online or Phone

Behavioral Health Services  
[systemofcarehub.com](http://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