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

Thurston County Coordinator: Cherise Meier 206-276-2026 familyalliancecherise@gmail.com

Mason County Coordinator: Nykol Garramone 360-427-3122

Website familyallianceformentalhealth.com

Family Alliance for MentalHealth



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



Come As You Are

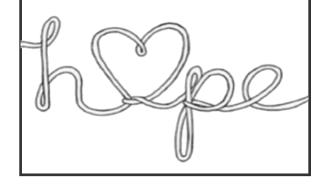
Meet other parents who face similar challenges.

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

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