

Hemet/San Jacinto Valley News & Events

Depression/Bipolar Support Alliance Support Group

Open to: Individuals living with mental health conditions and any family member, caregiver, or friend of persons having mental health challenges.

Meets Every Monday From 5:00 – 7:00 pm

Trinity Lutheran Church

191 Columbia St, Hemet, CA 92544 (Meets in room 8)

For more information contact:

Rhonda Thompson

Phone: (951) 533-8377

Email: rthom211@gmail.com

www.dbsalliance.org

NAMI Connection Support Groups

Open to: Individuals living with mental health conditions.

Days: Thursdays

Times: 12:30 pm to 2:00 pm

Location: Hemet Mental Health Clinic

On Menlo, one building East of the AM/PM station.

650 N State St., Hemet, CA 92543 (951) 791-3300

Enter through the outside door to the right of the main entrance. Knock on door.

For more information contact:

Gerald Frahm (562) 607-3924

Email: geraldfrahm86@gmail.com

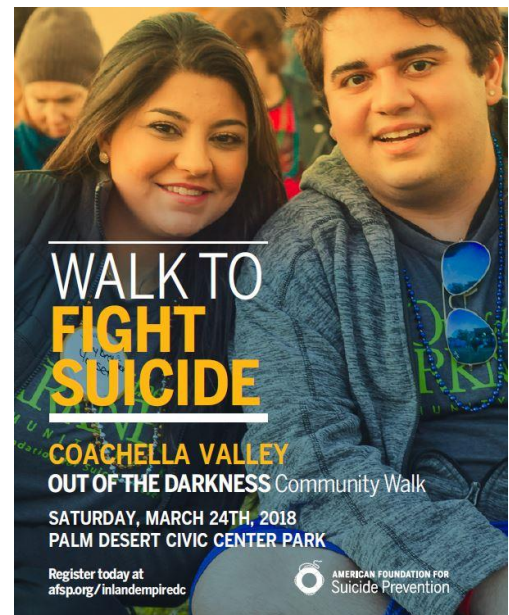
Contact NAMI for more educational classes they offer.

NAMI Mt San Jacinto

Office: 951-765-1850

namihemet@gmail.com

www.namimtsanjacinto.org



Please join us and **WALK TO FIGHT SUICIDE**
Click [here](#) for more info and to register, today!

Bereavement Group @Prince of Peace Lutheran Church
701 N Sanderson Ave Hemet
Contact: Linda Caricato Capps, MS, GC-C PTC SP
760-317-8641



It hurts to lose someone. **Find help at GriefShare.**
GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone.

To find a group near you go to www.griefshare.org

