

PARENT-TO-PARENT SUPPORT GROUP

# A SAFE PLACE FOR Parents & Caregivers

Are you raising a child or youth with a mental health diagnosis or behavioral and emotional challenges? You're not alone! Join our free weekly support group to connect with other parents and caregivers, share experiences, and receive support.

- ✓ ACCESS VALUABLE RESOURCES
- ✓ A SAFE AND SUPPORTIVE ENVIRONMENT
- ✓ CONNECT WITH OTHERS WHO UNDERSTAND



Register in advance for this meeting:  
<https://forms.office.com/g/MKNJnS6qKF>



When: Every Wednesday



Time: 6:00 P.M. - 8:00 P.M.



Microsoft Teams (Virtual Meeting)