



VIRTUAL PARENT SUPPORT GROUP

FREE AND OPEN TO THE PUBLIC
SPACE is LIMITED

For parents of high school age teens living with mental health challenges

Mental Health Matters

I realize I'm not alone

WEDNESDAY
OCT. 28, 2020
6:30 - 8:00 pm

zoom
Video Communications

We've been there and understand

I found someone to listen

RSVP: Madlen Setian Email: setianm@mharockland.org
(PLEASE, ALSO PROVIDE YOUR PHONE NUMBER)
Meeting ID will be provided at time of RSVP

SOMETIMES WE JUST NEED TO TALK TO SOMEONE WHO'S BEEN THERE

MHA of Rockland provides a peer support group for parents of high school age teens living with mental health challenges. This is a friendly, trusting place where confidentiality is expected and maintained. This is a chance to share challenges or successes you are experiencing, while talking with others facing the same type of issues. Our groups are an opportunity to share ideas, resources and most of all support one another.

Due to the interactive nature of this event, space will be limited to the first 25 registrants. If demand warrants, a second session will be added."