



Parent Support Group

When a child's mental health challenges first emerge, parents may feel confused or alone. They may not know anyone who's experienced the same kinds of problems, and it may feel too difficult to share these struggles and frustration with friends whose kids seem to be sailing through all their milestones. This is where other parents who are raising children with mental health challenges can become key. By finding other parents who are facing, or have faced, the same issues, many parents feel better able to navigate a path they never envisioned.

Facilitated by an SYFS clinician, this Parent Support Group is designed to provide a setting in which parents can exchange information, reduce stress and find ways to cope with troubled children. Participants have the opportunity to be coached, supported, educated and cared about by other parents who understand what you're going through.



Join us at SYFS for this 6-week session *for parents* of children with mental health or behavioral challenges. Childcare will NOT be provided.

January 17, 2019 through February 21, 2019

Thursdays from 6:30 PM – 8:00 PM

\$150 per person/\$200 per couple

Register at syfs-ma.org

Please contact jrifkin@syfs-ma.org with questions