



Supporting Mental Health for Parents During Covid-19

Join us for a *virtual* 360 Youth Services parent support group!

This will be a free education and peer support program for parents and caregivers of middle and high school aged teens who are experiencing difficulties during the current pandemic.

We will discuss ways to support your emotional health and your child's mental well-being along with strategies for taking care of yourself and your family.

We will be offering virtual groups through Zoom to accommodate varying schedules. To register, please email the date and time you would like to attend to the email address listed below

Tuesday, May 5th
8:00 am to 8:45 am

Thursday, May 7th
7:00 pm to 7:45 pm

Tuesday, May 12th
8:00 am to 8:45 am

Thursday, May 14th
7:00 pm to 7:45 pm

Registration:
Michelle Sturgill
msturgill@360youthservices.org