



Parents Connect

New Groups Forming January 2022

When your child is struggling with their mental health, one of the things you can do to help them is find support for yourself. Join Parents Connect and meet other parents and caregivers who are facing similar challenges.



THE DETAILS:

- Groups made up of four to eight parents with children in the same age range
- Program runs for six weeks with groups meeting weekly for one hour via Zoom
- Conversations are confidential
- Facilitated by a fellow parent (not a trained therapist) who has experienced mental health issues with their child

“ Here’s what previous Parents Connect participants say: ”

"We spend so much time supporting and caring for our children, this forum allows us to find ways to care for ourselves."

"To be in a group with parents who 'get you' instinctively was priceless; it's something that I have not felt since my daughter was diagnosed with mental health issues. The camaraderie and support that a group of strangers who never met each other in person could develop in 6 weeks was striking."

"I was so scared to come and share my story, but it was the best thing I've done for myself since my child was diagnosed with depression."

Parenting is hard. Parenting a child with mental health struggles is even harder.

[Sign up for Parents Connect](#)

You are not alone.

catchiscommunity.org