

Support Group (in Spanish) for Parents of Children with Mental Health Issues

When:

Every 3rd Monday of the month, 10:00 am - 12:00 pm

Where:

Zoom

Topics

Depression, Anxiety, Psychotic Disorders, ADHD, ADD, OCD, Bipolar, etc.

Facilitators:

Marisol Martinez and Margarita Sanchez



Are you concerned about your child's or teen's behavior? Are classes or social activities difficult because they feel anxious or depressed?

Mental health symptoms for children and teens can vary widely, making it difficult to identify early-on. Concerns related to stigma, medications and treatments may also prevent parents from seeking care for their child or teen.

Join us to our **FREE** monthly Mental Health Support Group where parents and caregivers can have a safe and welcoming space to share the experiences of caring for a child or teen with any of these concerns.

This group is run in partnership with **NAMI San Francisco**. NAMI provides support, education, and advocacy for individuals and families living with mental illness.

For more information please see our website at: www.supportforfamilies.org or email: supportgroups@supportforfamilies.org.



SUPPORT FOR FAMILIES
EDUCATION • EMPOWERMENT • EQUITY

To register, please go to:

<https://us02web.zoom.us/meeting/register/tZEuf-GoqzsrE9xGOw2Ci0sPmA4oIQ1hPNtE>