

Join us for free, confidential, and informal monthly meetings For parents\* concerned about their kids who struggle with anxiety, depression and/or emotional dysregulation.\*\*

PARENT SUPPORT MEETING Thursday, May 11th at 7:00 pm.

RSVP <https://forms.gle/i2Myfypbsn4RDssL6>

Feel free to share meeting information!

\*\* A PROGRAM OF THE YOUTH MENTAL HEALTH PROJECT™ [ymhproject.org](http://ymhproject.org)

For more info: [westernsuffolkpsn@ymhproject.org](mailto:westernsuffolkpsn@ymhproject.org)

NEW MEMBERS ARE ALWAYS WELCOME!

\*The term "parents" is used to describe any adult caregiver, including guardians, parents, grandparents, foster or step-parents, of a young person between ages of 0 and 24.

\*\*ANY CHILD CAN STRUGGLE WITH EMOTIONAL, MENTAL OR BEHAVIORAL HEALTH AT ANY TIME; YOUR CHILD DOES NOT NEED TO HAVE A DIAGNOSIS IN ORDER FOR YOU TO BENEFIT FROM THE NETWORK.