



PARENT SUPPORT FOR MENTAL HEALTH

Parent support Group for families of children with mental health disorders

Join us for 6-weeks of support for parents struggling with their children. You will have an opportunity to express thoughts and feelings related to your experiences. We will work on coping skills for all to help manage stressful events and improve resiliency. We will discuss family systems and communication. You will experience a welcoming environment which will consist of teaching, discussion, and support. NO cost to participants, transportation available, and refreshments will be provided!



FERNBROOK
Family Center



Wednesdays

Jan. 23rd – Feb. 27th

(6 weeks)

6:00 – 7:30 pm

**Location: River
Bluff Education
Center**

**395 Guernsey
Lane, Red Wing**

Please RSVP

**To: Cortney Kasten @
ckasten@fernbrook.org,
call or text 651-764-
6516**

Spots are limited!

**FOR MORE INFORMATION PLEASE
CONTACT:**

**FERNBROOK FAMILY CENTER OR
RIVER BLUFF EDUCATION CENTER**

**651-212-7429 or 651-388-4441
Please park in parking lot
behind RBEC and enter
through Door #8**

