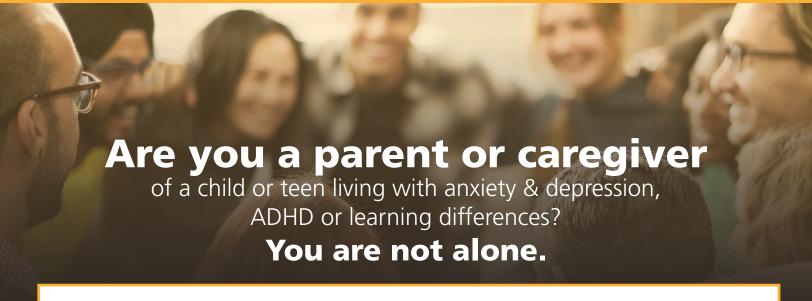


## **Parent Support Groups**



Connect with other parents, share resources, and get support

at one of our free support group meetings. Please join us! Meetings are held at CHC in Palo Alto. View meeting dates/times and RSVP at:

chconline.org/parent-support-groups

## **Anxiety & Depression Parent Support Group**

Peer-to-peer support group for parents of children and teens with anxiety, depression, bipolar disorder and challenging behaviors Facilitated by Elizabeth Dumanian, LCSW



## **ADHD Parent Support Group**

Peer-to-peer support group for parents of children and teens with ADHD/ADD and attention challenges



Facilitated by Monica Graham and Lauren Sims

## **Learning Differences Parent Support Group**

Peer-to-peer support group for parents of children and teens with learning differences and dyslexia



Facilitated by Kendra Fraka, MSW

**Questions?** Contact us at communityed@chconline.org

