

Virtual Meetings



**PARENTS HELPING PARENTS**  
**VIRTUALLY ONLINE**

Join us online for free,  
confidential, and informal monthly  
meetings

For parents\*  
concerned about  
their kids who  
struggle with  
anxiety, depression  
and/or emotional  
dysregulation.\*\*

For more information: [virtualpsn@ymhproject.org](mailto:virtualpsn@ymhproject.org)

Zoom Link Provided Upon RSVP

**NEW MEMBERS 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.



A PROGRAM OF THE YOUTH MENTAL HEALTH PROJECT™

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