



PARENT SUPPORT GROUP

Please join us at our monthly Parent Support Groups, which started in Westford in April. Sessions are facilitated by Dianne Walsh, LICSW (Cognitive-Behavioral Therapist) and Sue Hanly, RN (school nurse/parent of a child with mental health issues).

The group is designed to offer both education and to form a supportive community for parents challenged with raising children struggling with mental health issues. Your neighbors, friends and others in town all have children with differences—come together and gain information and some skills to help your child.

The group is open to all—you do not have to be a Westford Resident.



Dates: 3/11, 4/8, 5/13, 6/10

Location: Millennium School (behind Abbot)- Large All Purpose Room

Time: 7:00 pm -8:30 pm

Format: The first half will be educational and the last half will be to talk and discuss issues

For questions, please 978 692-5509

You may come to the entire group or come for just the educational or support section

March 11 - Cutting and other self-injurious why do our children harm themselves, what does it mean, what should we do, and when is professional help needed?

April 8– Emotional Regulation – teaching kids to deal with feelings– How do we teach kids to manage sadness, anger and disappointment without falling apart, without acting out, without turning on themselves? In this group we'll explore some options and share techniques.

May 13– Dual Diagnosis – mental health and substance abuse – How are mental health issues (especially depression) and substance use and abuse in teens related? Can you treat one without treating the other?

June 10- Planning for a Successful summer .

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