

# FREE

## Parent to Parent Support Groups DURING COVID-19

### **THIS FLYER WILL BE UPDATED WEEKLY**

**\*\*\* The purpose of these groups is to give parents an opportunity to give and receive support to each other. Support groups are not designed to supplement mental health treatment. \*\*\***

We recognize what a challenging time this is. We know that parents and caretakers are under tremendous pressure! We also know that caretakers are creative, resilient problem-solvers. The BRYT Family Engagement Team invites you to participate in our weekly Parent Support Groups where parents can get and receive support from each other.

### **WEEKLY VIRTUAL PARENT SUPPORT GROUP SCHEDULE THROUGH ZOOM**

#### **EVERY WEEK:**

- MONDAYS 1:00 PM [CLICK HERE](#), PASSWORD: PARENTS
- TUESDAYS AT 3:00 PM [CLICK HERE](#), PASSWORD: PARENTS
- WEDNESDAYS AT 9:00 AM [CLICK HERE](#), PASSWORD: PARENTS
- THURSDAYS AT 9:00 AM [CLICK HERE](#), PASSWORD: PARENTS
- FRIDAYS AT 12:00 grupo de apoyo en español [CLICK HERE](#), PASSWORD PADRES

#### **TOPICS FOR THIS WEEK:**

- Mon. 5/11: Mindful Monday
- Tues. 5/12: Open Support
- Wed. 5/13: Open Support
- Thurs 5/14: "I always love my kids. I don't always like them." Parenting during COVID-19
- Fri 5/15 grupo de apoyo en español

**\*\*\* Confidentiality Agreement\*\*\*** In order to create a safe space for all we ask that by participating in a group you are acknowledging to also keep all information including names, schools, etc. confidential.

**If you are unable to attend a group click [HERE](#) and check out our [free webinars!](#)**