



# Family Advocacy Network Free Parent Support Group

## 2nd Wednesday of the Month

Parenting is tough enough, but sometimes it can become overwhelming if you are a parent or caregiver of a child or children ages 2-17, how do you deal with the ups and downs of parenting? Parents can feel isolated and alone when their child presents unique parenting challenges due to an emerging mental health condition or behavioral disorder. Connecting with other parents experiencing similar issues helps many feel better able to weather the ups and downs.

**WHO:** Parents and Caregivers of children ages 2-17 years of age

**WHAT:** Support Group for parents , fostering support, connection to others, and problem solving in a non judgmental and confidential setting

**WHERE:** 104 New Stateside Dr., Chapel Hill 27516 Freedom House Recovery Center Campus- building 116 Conference rm -lower level

**WHEN:** 2nd Wednesday of the month, 11:30AM -1PM you are welcome to bring a bagged lunch

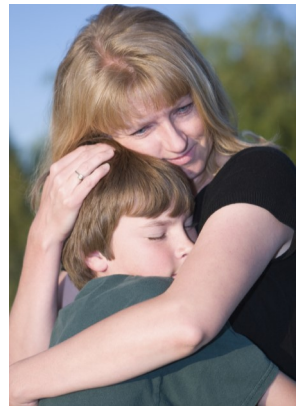
*We are not able to provide child care*

This Peer led support group will be facilitated by one of our Family Advocates and provide an opportunity to learn from others and develop strategies to feel more confident and less overwhelmed with some of the day to day challenges of parenting.

**If you have any questions or would like additional information contact :**

**Georgia Gamcsik- Family Advocate at:**

**919- 942-2803 ext. 265 / 919-259-1590 or [Georgia.g@fhrecovery.org](mailto:Georgia.g@fhrecovery.org)**



**Freedom House  
Recovery Center**

Family Advocacy Network

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