

Wednesdays 7:45–  
8:45pm

TVP Behavioral Health Groups

# Parental Support & Mental Health Q&A

These sessions are just for parents, guardians, and care givers of our patients! We will talk about how mental health and behavioral health issues show up in your life and what to do next. We will also have a Q&A portion where you can ask you most pressing issues. If you would like to make sure your question is addressed or given anonymously, please email it to [cmccown@tanqueverdepeds.com](mailto:cmccown@tanqueverdepeds.com) with Parenting Support Q&A in the subject line prior to the session. This is a Parent or Caregiver only group, please do not bring any children.

Jan 11th  
Jan 18th  
Feb 1st  
Feb 8th  
Feb 15th  
March 1st  
March 22nd  
March 29th  
April 5th  
April 12th  
April 19th  
April 26th  
May 3rd  
May 10th  
May 17th  
May 24th

## Parents only!

Good for parents who:

- Are unsure of next steps
- Want to know how to best support their child
- Want support for themselves in dealing with difficult situations
- Looking for best practices with anxiety, stress, depression, suicidal thoughts, emotional regulation, peer relationships, & parenting

Register at [www.Tanqueverdepeds.com](http://www.Tanqueverdepeds.com)