



# Parent Support Groups

**Are you a parent or caregiver**  
of a child or teen living with anxiety & depression,  
ADHD or learning differences?  
**You are not alone.**

**Connect with other parents, share resources, and get support**  
at one of our free support group meetings. Please join us!

Meetings are held at CHC in Palo Alto. View meeting dates/times and RSVP at:

**[chconline.org/parent-support-groups](http://chconline.org/parent-support-groups)**

## **Anxiety & Depression Parent Support Group**

Peer-to-peer support group for parents of children and teens with anxiety, depression, bipolar disorder and challenging behaviors

*Facilitated by Elizabeth Dumanian, LCSW*



## **ADHD Parent Support Group**

Peer-to-peer support group for parents of children and teens with ADHD/ADD and attention challenges

*Facilitated by Monica Graham and Lauren Sims*



## **Learning Differences Parent Support Group**

Peer-to-peer support group for parents of children and teens with learning differences and dyslexia

*Facilitated by Kendra Fraka, MSW*



**Questions?** Contact us at [communityed@chconline.org](mailto:communityed@chconline.org)

 **Community Connections**