

NAMI

National Alliance
on Mental Illness

Parent Support Groups in Arlington

Meeting Virtually!

These groups are geared to parents whose child is experiencing symptoms of a mental illness, including: depression, anxiety, eating disorders, mood disorders and more. No diagnosis is required to participate. Participants are given the opportunity to share their story, experience support, and glean guidance (as desired) from group members regarding both community and school resources. Confidentiality is respected.

School Age Students and Teens (PK-12) for 2023

Sundays 7-8:30pm

Dec 4, 18 Apr 16, 30

Jan 8, 22 May 7, 21

Feb 5, 26 Jun 11, 25

Mar 12, 26

Register at:

[https://bit.ly/
PSGARlington](https://bit.ly/PSGARlington)



Older Teens and Young Adults

3rd Sundays 1-2:30pm

To attend, contact Naomi for the Zoom link.

Questions?? Contact...

PK-12: Michelle Best (mczero@yahoo.com)

Adults: Naomi Verdugo (verdugo.naomi@gmail.com)

Both: Alisa Cowen (acowen@cowendesigngroup.com)