



PARENT SUPPORT GROUPS

Spring 2021

In these uncharted territories during COVID-19, we wanted to take a moment to remind you of the amazing role that you continue to play in your child's life and the value of the home to school partnership while parenting a teen during sheltering in place. With that said, we also acknowledge that teen anxiety and depression is on the rise, as their world as they know it has been on halt mode for months now. In response, we would like to invite you to engage in a discussion about the current trends as we enter into the winter months of remote learning and shelter in place guidelines.

Dr. Rebecca Hawley, Tilden's Special Education and Admissions Director, will facilitate the group on the following dates from **6:30-7:30pm PST**:

Wednesday, January 6th	<u>Register on Zoom!</u>
Wednesday, February 3rd	<u>Register on Zoom!</u>
Wednesday, February 17th	<u>Register on Zoom!</u>
Wednesday, March 3rd	<u>Register on Zoom!</u>
Wednesday, March 17th	<u>Register on Zoom!</u>
Wednesday, April 21st	<u>Register on Zoom!</u>
Wednesday, May 5th	<u>Register on Zoom!</u>
Wednesday, May 19th	<u>Register on Zoom!</u>
Wednesday, June 2nd	<u>Register on Zoom!</u>

All groups are free of charge.

Support sessions are peer-facilitated, not clinical counseling.