



**The Well**  
A Place to Fill Up

# the parents group by notMYkid®

ARE  
YOU  
OK?

Teens are facing more challenges than ever, and parents need a place to go for answers, support, and resources. The Parents Group, by notMYkid, is a recurring **virtual** meeting **Monday night at 6PM** open to parents of teens.

The Parents Group will focus on issues related to mental health, substance use, and overall obstacles facing teens today.

## THE PARENTS GROUP PRIMARY GOALS:

- **To provide education** about current issues that are affecting our kids and how to best communicate and protect them.
- **To provide support** in a safe space without judgement.
- **To provide access to available resources** and help give parents the tools necessary to prevent substance use and better support our kids.

**We simply want to provide space for open and honest communication!**



Meetings are free and participants are asked to keep group discussions confidential for the safety of all families and kids.

**AFTER REGISTERING YOU WILL RECEIVE A CONFIRMATION EMAIL CONTAINING INFORMATION ABOUT HOW TO JOIN THE MEETING**

The Parents Group, hosted by notMYkid, will be facilitated by behavioral health staff to continue serving the company's mission. notMYkid is a non-profit organization that has been meeting the unique needs facing youth and their families in the community for over 20 years.



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