



# Parent Support Group

Are you parenting a child who is dealing with anxiety, depression, ADHD or some other emotional disturbance? **You are not alone!**

The SOC Parent Mentor program will soon begin offering an **online** support group for parents. This is an opportunity to join with other parents in similar situations to share information, encouragement and hope.

The group will be led by **Leslie Byers**, an experienced facilitator with lived experience supporting a child who had a tumultuous childhood/adolescence due to mental health challenges. Leslie is a published author who wrote about her family's experiences in her book *"Heather's Rage."* Leslie's family lived in Washington County, Nebraska when the events in her book took place.

**We will launch this group on August 23, 2022 with a presentation by Leslie and her daughter Megan.**

Leslie and Megan will share their story of challenges faced in what Leslie calls "the messy middle", how they each grew throughout Megan's treatment process, and the healthy, loving relationship they share today.

*Youth are welcome to join this initial meeting to hear this inspiring story.*

Subsequent groups will be facilitated as support groups for parents only.



The Support Group will be offered **biweekly** on **Tuesday evenings** beginning with the presentation on **August 23, 2022 at 6:30 p.m.** The group will last for 1 hour and will be offered via zoom. For safety and security purposes, this is a **by invitation only** group – if you are interested in attending, please send your **name/contact info:** email/phone # to Eve Bleyhl, Lead Family Coordinator at [ebflcr6@gmail.com](mailto:ebflcr6@gmail.com) or text 402 680-8624 noting "support group" in the message. Eve will get you on the list to receive biweekly invites to attend. We look forward to meeting you!

Dollars to support this program are from 100% Federal funding and run through Region 6 Behavioral Healthcare – SOC Award #1H79sM084029-01