



PARENTS HELPING PARENTS

in Western Suffolk, NY

Join us for free, confidential, and informal monthly meetings

For parents
concerned about
their kids who
struggle with
anxiety, depression
and/or emotional
dysregulation.***

For more info: westernsuffolkpsn@ymhproject.org

Meeting Location: Lindenhurst Memorial Library
1 Lee Avenue
Lindenhurst, NY 11757

NEW MEMBERS ALWAYS WELCOME!

*The term "parents" is used to describe any adult caregiver, including guardians, parents, grandparents, foster or step-parents, of a young person between ages of 0 and 24.

**ANY CHILD CAN STRUGGLE WITH EMOTIONAL, MENTAL OR BEHAVIORAL HEALTH AT ANY TIME; YOUR CHILD DOES NOT NEED TO HAVE A DIAGNOSIS IN ORDER FOR YOU TO BENEFIT FROM THE NETWORK.



A PROGRAM OF THE YOUTH MENTAL HEALTH PROJECT™
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