



## NAMI Parents Together Support Group

Are you the parent of a child or young adult experiencing severe mental health issues?

Our group focuses on parents who live in support of their suicidal children (ages 12–18) and older youth (ages 18–26). Join our support group to:

- Get insight from other parents in similar circumstances
- Share experiences and resources
- Feel less alone in your situation
- Learn better communication skills, set boundaries, and take care of yourself

Meetings are held on Zoom on the 1st and 3rd Mondays of each month from 7–8:30 PM

Email [todoroffs@namiwc.org](mailto:todoroffs@namiwc.org) for more information or see the NAMI Washtenaw County website at [namiwc.org](http://namiwc.org)