

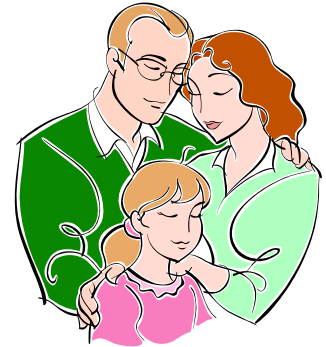


Granite State Monarchs

Peer Support Agency

is offering

Parent to Parent



A Free, Drop-in, Peer Support Group
for parents who are also consumers of
mental health services.

EVERY FRIDAY FROM 12:15p.m. to 1:45p.m.

With a trained peer facilitator, participants will explore a range of issues such as:

- ◆ Managing changes in mood with the demands of parenting
- ◆ Communicating with children about mental illness
- ◆ Balancing work, parenting, and wellness
- ◆ Advocating for your children and yourself



**For more information, contact
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