

## **2021 PARENT SUPPORT GROUP MEETINGS**

Parent Support Group Meetings are hosted bimonthly on each first Monday evening at 8 p.m. CST and each third Wednesday morning at 11 a.m. CST. Each month the facilitator will encourage the group to explore a theme or topic which impacts parents raising children with attachment and trauma challenges. All active parent members are welcome to join the virtual meetings held via Zoom. Parent Advocacy, Education, and Support is the focus, along with peer support. Parent members are also encouraged to reach out, as needed, for one-on-one support with our Director of Family Advocacy at: [familyadvocacy@attach.org](mailto:familyadvocacy@attach.org), or via phone call or text message at: #612.548.1057.

<p><b>JANUARY</b>  <i>TOPIC: Parenting Strategies - Let's Re-evaluate, Re-assess, and Re-adjust!</i>            Monday, January 4, 2021 8 p.m. – 9 p.m. CST            Wednesday, January 20, 2021 11 a.m. – 12 p.m. CST</p>	<p><b>JULY</b>  <i>TOPIC: Managing Depression and Anxiety in Children</i>            Monday, July 5, 2021 8 p.m. – 9 p.m. CST            Wednesday, July 21, 2021 11 a.m. – 12 p.m. CST</p>
<p><b>FEBRUARY</b>  <i>TOPIC: Trauma, Triggers, and Treatment</i>            Monday, February 1, 2021 8 p.m. – 9 p.m. CST            Wednesday, February 17, 2021 11 a.m. – 12 p.m. CST</p>	<p><b>AUGUST</b>  <i>TOPIC: Back-to-School - Special Accommodations, IEPs and ARDs</i>            Monday, August 2, 2021 8 p.m. – 9 p.m. CST            Wednesday, August 18, 2021 11 a.m. – 12 p.m. CST</p>
<p><b>MARCH</b>  <i>TOPIC: The Internet, Social Media, and Youth</i>            Monday, March 1, 2021 8 p.m. – 9 p.m. CST            Wednesday, March 17, 2021 11 a.m. – 12 p.m. CST</p>	<p><b>SEPTEMBER</b>  <i>TOPIC: Residential Treatment and Transitioning Services for Youth</i>            Monday, September 6, 2021 8 p.m. – 9 p.m. CST            Wednesday, September 15, 2021 11 a.m. – 12 p.m. CST</p>
<p><b>APRIL</b>  <i>TOPIC: Attachment Styles in Parents and Children</i>            Monday, April 5, 2021 8 p.m. – 9 p.m. CST            Wednesday, April 21, 2021 11 a.m. – 12 p.m. CST</p>	<p><b>OCTOBER</b>  <i>TOPIC: Psychotropic Medications – Which are the Right Meds for your Child?</i>            Monday, October 4, 2021 8 p.m. – 9 p.m. CST            Wednesday, October 20, 2021 11 a.m. – 12 p.m. CST</p>
<p><b>MAY</b>  <i>TOPIC: End-of-School Year Check-In (National Mental Health Awareness Month)</i>            Monday, May 3, 2021 8 p.m. – 9 p.m. CST            Wednesday, May 19, 2021 11 a.m. – 12 p.m. CST</p>	<p><b>NOVEMBER</b>  <i>TOPIC: Navigating the Adoption Journey (National Adoption Month)</i>            Monday, November 1, 2021 8 p.m. – 9 p.m. CST            Wednesday, November 17, 2021 11 a.m. – 12 p.m. CST</p>
<p><b>JUNE</b>  <i>TOPIC: Summertime Stressors and Solutions</i>            Monday, June 7, 2021 8 p.m. – 9 p.m. CST            Wednesday, June 16, 2021 11 a.m. – 12 p.m. CST</p>	<p><b>DECEMBER</b>  <i>TOPIC: Hope, Healing, and the Holidays</i>            Monday, December 6, 2021 8 p.m. – 9 p.m. CST            Wednesday, December 15, 2021 11 a.m. – 12 p.m. CST</p>