

# Free Parenting Support Group



Being a parent of a child struggling with mental health or emotional issues can be stressful and challenging. But you are not alone! Join us in a weekly conversation that encourages caregivers to form connections, share ideas, and receive support from mental health professionals.

**All are welcome to join us:**

**Every Tuesday 6:00 to 7:00pm**

Greenwoods Counseling Referrals

25 South St, Litchfield, CT 06759

**Questions please contact:**

Liz at [egriswold@greenwoodsreferrals.org](mailto:egriswold@greenwoodsreferrals.org)

or calling/texting (860) 795-4908

**This event is offered in partnership with Region 6 Schools, Litchfield Public Schools and Greenwoods Counseling Referrals, Inc.**



**GREENWOODS**  
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