

## Parent Connection

**Parent Connection will resume on  
Thursday, September 6 at 6:45 pm**

Please join us on **Thursday** evenings for connection and support in navigating the challenges of parenting teens:

Sept 6 – Tips for a Successful School Year

Sept 20 – Balancing Academics, Extracurriculars, and Mental Health

Oct 4 - How Smartphones Destroyed a Generation (back by popular demand!)

Oct 18 – Unplug Them PLEASE! How to Handle Screen Time, Social Media, and Cyberbullying (back by popular demand!)

Nov 1 – Vapes, Juuls, and Everything Else

Nov 15 – How to Listen so Your Teens will Talk

Nov 29 – Untwisting Twisted Thoughts

Dec 13 – Coping Skills Workshop



### About NM Behavioral Health in St Charles:

The St. Charles facility offers outpatient programs for adolescents and adults. Care is focused on treatment of mental health conditions: mood, anxiety, bi-polar disorder, ADHD and self-injury. Personalized treatment planning, individual therapy and weekly family therapy are included.

### Support Group Details:

Free of Charge

No Registration Necessary

**Alternating Thursdays:  
6:45 – 8:15 pm**

### Location:

NM Behavioral Health  
964 N. Fifth Avenue  
St Charles

### For more information please call:

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