



National Alliance on Mental Illness

**nami**

**Central  
Middlesex**



## **NAMI CENTRAL MIDDLESEX**

### **Teen to Adult Parent Support Group (TTAPSGroup)**

**FIRST MEETING  
THURSDAY, OCTOBER 8<sup>TH</sup>**

**Meetings every 2nd and  
4th Thursday**

**7:00 PM to 8:30 PM**

### **INTERESTED IN LEARNING MORE?**

Email the group's facilitators  
for more information at

**TTAPSGROUP@GMAIL.COM**

Experts agree that children and adolescents are growing up in an increasingly complex and stressful world full of social and academic challenges. Some of our kids are struggling to manage these challenges due to biological, psychological, social issues, and more recently, COVID19.

The National Alliance on Mental Illness (NAMI) Massachusetts, Central Middlesex affiliate is now offering a support group specifically for parents (and other caregivers) of adolescents and transitional age youth struggling with emotional and mental health difficulties.

NAMI trained facilitators host this open to everyone, free group

To learn more contact: [ttapsgroup@gmail.com](mailto:ttapsgroup@gmail.com)

