

**Connect. Support.
Learn.**

FREE TO THE PUBLIC

**VIRTUAL
Circles of
Support
Group Meeting**



WHEN

The 2nd & 4th Tuesday of each month
(Please check our website for upcoming dates)

TIME

5:00 pm - 6:15 pm

WHERE

Meetings will be held virtually via Zoom:

Link: <https://bit.ly/3lmm9XS>

Meeting ID: 847 2591 4548

Passcode: 263635

FACILITATOR

Carolyn G. Lambert - Parent & Parent Coach

Carolyn Lambert is a certified Parenting Coach through the Jai Institute for Parent Coaching and a lawyer/MBA with degrees from Duke University Law School and the Fuqua School of Business.

FAMILIES OF TEENS/YOUNG ADULTS WITH MOOD DISORDERS

This group is open to parents, family members and other caregivers of teens/young adults with a behavioral health condition who seek a place of comfort, connection and support.

Each session includes a brief educational component, time for questions and answers, as well as opportunities to express and discuss concerns relevant to the group.

Our facilitator works with parents and families to make profound shifts in relationships, replacing stress and frustration with calm and connection.