



VIRTUAL PARENT ALUMNI SUPPORT GROUP FOR PYRAMID FAMILY BEHAVIORAL HEALTHCARE FAMILIES

VIRTUAL
Parent Alumni Support Group
Connect. Support. Learn.

WHEN

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

TIME

6:30 pm - 7:45 pm

WHERE

Meetings will be held virtually via Zoom:

Link: <https://bit.ly/2JZdbly>

Meeting ID: 824 5069 2150

Passcode: 740274

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.

Connection to others, building wellness, inspiring hope. The Alumni Association is here to offer support and build a community of ongoing encouragement and healing as a part of a Continuing Care Plan for Pyramid Family Behavioral Healthcare clients and their families.

Pyramid Family Behavioral Healthcare offers a free support group for Parent Alumni to provide support, comfort and encouragement with others who understand and can empathize. This exclusive group offers an opportunity for families to connect, share experiences, and find educational resources with the goal of reducing the sense of isolation and fostering empowerment.

Parents can choose any level of involvement they prefer within the alumni program, making the group flexible and suited to each parent's and family's needs. One of our core beliefs is that everyone has something to offer and something to gain while building a safe community while sharing in fellowship.

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