

Parent Support *Group*

Are you experiencing the challenges of parenting a child who may be struggling with their mental health?

Please join us for our monthly parent support sessions where you will learn new coping skills, new resources and receive caring support.

**The group meets the 2nd
Thursday of every month
from 7:00 - 8:30 PM**

**July's meeting held at the Town Hall Meeting room
55 Main St, Westford**

**August and September's meeting held at the J.V.
Fletcher Library Meeting room, 50 Main St, Westford**

If you have any questions, please contact Community
Wellness Coordinator, Nicole Laviolette
nlaviolette@westfordma.gov or 978-399-2503

**Co - sponsored by the Westford Health Department and
Community Wellness Department**