

NAMI

*National Alliance
on Mental Illness*

Parent Support Groups in Arlington

Still Meeting Virtually!

These groups are geared to parents whose child is experiencing symptoms of a mental illness, including: depression, anxiety, eating disorders, mood disorders and more. No diagnosis is required to participate. Participants are given the opportunity to share their story, experience support, and glean guidance (as desired) from group members regarding both community and school resources. Confidentiality is respected.

School Age Students and Teens (PK-12) for 2022

Sundays 7-8:30pm

Dec 5 Apr 10, 24

Jan 9, 30 May 8, 22

Feb 13, 27 Jun 5, 19

Mar 13, 27

Cherrydale Baptist
3910 Lorcom Lane, 22207
Building Entrance 16, Rm 118

Older Teens and Young Adults

3rd Sundays 1-3pm

Trinity Presbyterian Church
5533 16th St N, 22207

Questions?? Contact...

PK-12: Michelle Best (mczero@yahoo.com)

Adults: Naomi Verdugo (verdugo.naomi@gmail.com)

Both: Alisa Cowen (acowen@cowendesigngroup.com)